

Winter Stir Fry

Ingredients

8 oz soba or rice noodles	1.5 tsp oil
2 med carrots	1 large bunch of kale
1 large bulb of fennel	4-5 cloves garlic, minced
1.5 Tbsp minced ginger	1 Tbsp rice vinegar
1 Tbsp soy sauce or Bragg's aminos	1 Tbsp water
1.5 tsp orange juice	1 tsp chili paste
	1 cup sliced green onion

Instructions

1. Cook noodles according to package directions.
2. Slice fennel and carrots into matchsticks about 1 inch long.
3. Remove stems from kale and slice into 3 inch strips
4. Heat oil in wok or skillet on medium high. Add the fennel and carrots and cook about 4 min. Stir frequently. Add the ginger, garlic, and kale, cooking for 30 seconds.
5. Mix together the soy sauce, vinegar, water, orange juice and chili paste. Add to wok with the noodles for about 30 seconds.
6. Fold in the green onion.

Kitchen Classroom

Soba Noodles

These noodles are made from buckwheat flour and have a strong, nutty flavor. Many buckwheat noodles also have some wheat flour in them, which means they're not gluten-free. However, pure buckwheat soba can be found if you are seeking gluten-free. You can find dried soba in packets, but keep your eyes open for fresh soba at Asian markets. Dried soba looks like flat spaghetti and is usually light beige to dark brown-gray in color. You will cook these just like any other pasta.

Rice noodles are made from rice flour and only need to be soaked in hot water until soft since they are so thin and tender.

Nutrition Information per serving

Serving Size: 4 servings

Calories: 300

Fat: 3.5 gm

Sodium: 410 mg

Fiber: 10 gm

Carbohydrates: 61 gm

Protein: 8 gm

