



COOKING FOR WELLNESS

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BUCKWHEAT SOBA AND MUSHROOMS IN SOY BROTH

Yields: 4 Servings

INGREDIENTS

- 2 garlic cloves, peeled, crushed
- 1 1" piece peeled ginger, thinly sliced
- ½ cup low-sodium soy sauce or tamari
- ¼ cup dried kale (optional)
- 2 tablespoons vegetable oil
- ½ pound mushrooms, torn into large pieces
- Kosher salt and freshly ground black pepper
- 8 ounces buckwheat soba
- 4 baby turnips or radishes, trimmed, thinly sliced
- 4 scallions, thinly sliced
- 1 tablespoon toasted sesame seeds

INSTRUCTIONS

1. Bring garlic, ginger, and 4 cups water to a boil in a small saucepan; reduce heat and simmer 10 minutes. Add soy sauce and kale, if using. Set broth aside.
2. Heat oil in a large skillet over medium-high heat. Add mushrooms; season with salt and pepper. Cook, tossing occasionally, until golden brown and crisp, 10-12 minutes. Transfer to a large plate.
3. Meanwhile, cook soba in a large pot of boiling salted water, stirring occasionally, until al dente; drain. Return reserved broth to a simmer.
4. Divide soba and broth among bowls; top with mushrooms, and turnips. Add scallions and sprinkle with sesame seeds.