



Nicolette Pace's Superfood Stirfry

Move over Chicken Soup! Feeding your cold and fighting the flu was never easier with this flavorful, nutrient-packed dish that's rich in Vitamin C, zinc and other key anti-oxidant, anti-bacterial, anti-viral, anti-inflammatory vitamins, minerals and plant chemicals that work together to satisfy your soul and boost your immune system, sending bugs packing!

8 oz cooked buckwheat noodles (soba)

½ cup cut up broccoli

½ cup asparagus sliced

½ cup julienned sliced carrots

½ cup pea pods (approx 10)

½ cup sliced shitake mushroom

½ cup julienned red bell pepper

½ cup baby spinach leaves

½ cup sliced green onions (scallions)

1/4 cup whole raw almonds

2 tablespoons toasted sesame oil

Prep:

Cook buckwheat noodles (see below) and toss with ½ tablespoon of sesame oil to prevent clumping (may be prepared in advance). Slice or chop vegetables into bite size chunks to allow for rapid cooking.

Prepare the sauce. In a small bowl combine lime juice, lime zest, ginger root, red hot pepper, garlic, honey, soy sauce, chili sauce and reserve.

Cook:

Heat your wok over high heat until hot. Add sesame oil swirling to coat sides. Add almonds, broccoli, carrots, asparagus and green onions; stir fry for 1 minute. Add pea pods, mushroom, red bell pepper and spinach leaves and cook for 2 to 3 minutes or until vegetables are crisp-tender. Add the cooked buckwheat noodles and sauce, reduce heat and toss. Cover for 1 minute until noodles are heated through.

Serve:

Transfer to a serving bowl, garnish with lime wedges and fresh cilantro. Serve with additional hot chili sauce for an extra kick.

Makes 2 servings.

Sauce:

Juice of 1 lime (about 2 tbs)

1 tsp grated lime zest

2 tsp fresh minced ginger root

1 tsp fresh chopped red hot pepper

1 tsp minced garlic

2 tablespoons honey (raw unfiltered)

2 tbs tamari or soy sauce

1 -3 tsp chili sauce Sriracha (Asian cayenne pepper sauce) to taste

Cooking Buckwheat Noodles:

Buckwheat noodles are very low in gluten so they may break apart if overcooked. The best way to cook them involves a “simmer and shock” method that will give you a tender but not mushy noodle.

Bring 2 quarts of water to boil, add the noodles and stir to prevent clumping. Boil for 1 minute and then add about ½ cup cold water to “shock the boil” and cause a simmer. When the water boils again, add ½ cup cold water. Repeat this process until the noodles are done. Drain the noodles in a colander and rinse (wash) the noodles thoroughly to get rid of excess starch, prevent clumping, lower sodium and balance flavor. Total cooking time will be approximately 5-7 minutes.

Nutrition Note: Buckwheat is one of only a handful of plants that are a complete source of protein. It contains zinc and is a rich source of rutin, a powerful antioxidant that enhances the effect of other vitamins and minerals. Buckwheat is also very low in gluten, so those with sensitivity may find that it is well tolerated.

Eat Healthy! Be Happy!

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