

SOBA NOODLE SALAD

Prep: 5 mins | *Total:* 15 mins

INGREDIENTS

- ½ pound dried soba noodles
- 2 teaspoons sugar
- ¼ cup soy sauce
- 2 tablespoons rice vinegar
- 2 teaspoons sesame oil
- 1 teaspoon grated ginger
- 1 clove garlic, *grated*
- 1 green onion, *sliced*

DIRECTIONS

Mix together sugar, soy sauce, rice vinegar, oil, ginger, and garlic in a medium bowl.

Boil noodles in a medium saucepan for 7 minutes until tender, or follow directions on package.

Drain, then rinse noodles under cold water until cool.

Mix cooled drained noodles with sauce, serve, and garnish with sliced green onion.

BROILED ASPARAGUS

Prep: 5 mins | *Total:* 10 mins

INGREDIENTS

- 12 oz asparagus, *ends trimmed*
- 3 tablespoons vegetable oil
- Salt & pepper to taste

DIRECTIONS

Set oven to broil with the top oven rack 6 inches below the heat source.

Place asparagus spears on a baking sheet and toss with oil, salt & pepper. Lay asparagus in a single layer on the baking sheet.

Broil for 4-5 minutes, or until cooked through and slightly charred, turning half way through the cooking time.

