

## Noodles With Miso-Tahini Sauce

Udon and whole wheat somen go especially well with this popular sauce, but soba can be substituted with good results. This recipe is one of our family favorites and a great choice when you need a quick and easy meal for unexpected guests. The recipe below is simply garnished with scallion. For a heartier version, top the noodles and sauce with a colorful assortment of steamed vegetables.

Cook noodles according to the directions on the package, then rinse under cold running water, drain, and set aside.

Combine miso and tahini in a saucepan. Add water, a little at a time, and mix well to form a smooth sauce. Add remaining ingredients and bring just to a simmer. If too thick, add a little more water; if too thin, simmer briefly to thicken.

To serve, place noodles in individual serving bowls, spoon sauce over top, and garnish with scallion.

### Preparation List:

#### **Serves 2-3**

- 8 ounces uncooked udon or whole wheat somen
- 4 level tablespoons mellow white miso
- 3-4 tablespoons tahini
- 1/3 cup water
- 2 tablespoons brown rice vinegar or lemon juice
- 1 tablespoon mirin
- 1 1/2-2 teaspoons fresh ginger juice
- 1 clove garlic, finely minced
- Pinch dried basil, tarragon or thyme (optional)
- Minced scallion for garnish