

Sesame Noodles

This recipe is very flexible. There are countless ways to mix and match and change up as you desire, your taste, and for the ingredients you have on hand. I've included some notes on possible variations.

Ingredients:

- 1 (16 ounce) package of linguine pasta
- 6 cloves garlic, minced
- 6 T sugar
- 6 T safflower oil
- 6 T rice vinegar
- 6 T soy sauce
- 2 – 4 T sesame oil
- 1 -2 T chili oil or chili sauce
- 1 – 3 T sesame seeds, lightly toasted
- 6 or so green onions, thinly sliced
- ½ to whole package of firm tofu (you can fry them ahead if you like).
- 1-2 cups veggies, blanched and cut into bite size pieces , e.g. snap peas or broccoli work well

Directions:

Press liquid out of tofu. Fry if you like.

Cook pasta al dente (this way they absorb the sauce). I like using whole wheat linguine or spaghetti noodles. But really any kind of noodle works.

In a saucepan, stir in garlic, sugar, oil, vinegar, soy sauce, sesame oil, and chili oil/sauce. Cook over medium heat until sugar dissolves. I like to use a lot of sesame oil and sesame seeds, but other recipes tend to use less.

Blanch and cut the veggies. As mentioned above, snap peas or broccoli work well, but I use whatever is in season and available.

Pour sauce over noodles and add tofu, blanched veggies, and most of the sesame seeds. Garnish with the rest of the seeds and the green onions.