



# New Year’s Soba

Servings: 4 (428 g)  
Prep Time: 15 Minutes  
Cook Time: 15 Minutes



## Ingredients

- 4 c. low-sodium mushroom or vegetable broth
- ⅓ c. mirin or sake
- 1(½ oz.) pkg. nori (about 8 sheets), crumbled
- ⅓ c. low-sodium soy sauce
- 1 T. sesame oil
- 8 oz. shitake mushrooms, sliced
- 8 oz. 100% whole buckwheat soba noodles
- 1 bunch spring onions, sliced thin

## Directions

1. In a large pan, bring broth to a simmer. Add the mirin and simmer for 2-3 minutes. Crumble in one sheet of the nori and add the soy sauce. Keep warm.
2. At the same time, heat the sesame oil in a frying pan over medium heat. Add the mushrooms and cook until they have released their liquid and the pan has cooked mostly dry. Remove from heat.
3. Cook soba noodles in water, according to package instructions. Drain and divide into four bowls.
4. Pour broth over the noodles and top with the cooked mushrooms, crumbled nori, and sliced onions.

**Nutritional analysis per serving:** Calories 335; Calories from Fat 40; Total Fat 4.5 g (7% Daily Value); Saturated Fat 0.5 g (3% DV); Trans Fat 0 g; Cholesterol 0 mg (0% DV); Sodium 935 mg (39% DV); Total Carbohydrate 64 g (21% DV); Dietary Fiber 6.5 g (24% DV); Sugars 10 g; Protein 11 g; Vitamin A 8% DV; Vitamin C 10% DV; Vitamin K 70% DV; Calcium 6% DV; Iron 15% DV; Phosphorous 35% DV; Manganese 20% DV.

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December							February						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4 5					1	2	3 4 5 6
6	7	8	9	10	11	12	7	8	9	10	11	12	13
13	14	15	16	17	18	19	14	15	16	17	18	19	20
20	21	22	23	24	25	26	21	22	23	24	25	26	27
27	28	29	30	31			28	29					

# January

**TIP:** This tasty dish made with buckwheat noodles is a perfect chance to introduce chopstick skills to your family. Don’t be afraid to slurp the delicious broth!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
27	28	29	30	31	1  New Year's Day	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18  Martin Luther King Jr. Day	19	20	21	22	23
24  31	25	26	27	28	29	30