

Ooodles of Noodles

Written by Margaret Evans
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Is your cooking falling into a rut? Do you serve the same dishes regularly? Use these noodle recipes for inspiration! These are filling, after-work, one-dish menus for sharing with friends or family. They are flavorful and easy, too! Did you know that noodles are really a good carb? Noodles have only a moderate effect on blood glucose levels, unlike other starches such as white bread, rice and potatoes, which means noodles are not as readily converted into sugar. Noodles are low on the glycemic index (GI) and low GI foods are digested more slowly, stay in the digestive system longer and help to naturally satisfy hunger! So, eating a delicious meal that includes noodles can truly be one of your more healthful alternatives. For more information about the glycemic index, visit www.glycemic.com.

Beef Stroganoff Supreme

8 ounces extra wide egg noodles
1/4 cup vegetable oil
1 pound beef (sirloin skirt steak or tenderloin tips) cut into thin strips
Salt and pepper, to taste
1 medium yellow onion, sliced thin
1/2 pound mushrooms, sliced
2 tablespoons flour
3 cups beef stock
3 tablespoons Dijon mustard
1 cup sour cream
2 tablespoons diced green onions

Cook the egg noodles according to package directions. Drain, cover and set aside. Heat oil in large skillet. Season beef with salt and pepper; add to hot skillet; cook until meat is browned. Add onions and mushrooms; cook until beef is cooked through and onions are tender. Stir in flour and cook for 1 minute. Slowly stir in beef broth and mustard; bring to a simmer. Add sour cream and heat through. Toss hot mixture with noodles. Garnish with green onions. Serves 4.

Teriyaki Chicken with Sesame Noodles

4 boneless, skinless chicken breasts
4 tablespoons bottled teriyaki sauce for marinade, extra for basting
Vegetable oil
9 ounces dried buckwheat noodles
1 tablespoons sesame oil
2 tablespoons sesame seeds, toasted
2 tablespoons chopped fresh parsley
Salt and pepper, to taste

Using a sharp knife, score each chicken breast diagonally across 3 times and rub all over with teriyaki sauce. Set aside to marinate for at least 10 minutes or cover and chill for up to 24 hours. Bring a pan of water to a boil, add the buckwheat noodles and cook

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according to the package directions. Drain and rinse well in cold water to stop the cooking and remove excess starch, then drain again. Set aside. When you are ready to cook the chicken, preheat the broiler to high. Lightly brush the broiler rack with vegetable oil. Add the chicken breasts and brush again with a little extra teriyaki sauce. Broil the chicken breasts about 4 inches from the heat, brushing occasionally with extra teriyaki sauce, for 15 minutes, or until cooked through and the juices run clear. Meanwhile, heat a wok or large skillet over high heat. Add the sesame oil and heat until it shimmers. Add the noodles and toss to heat through, then stir in the sesame seeds and parsley. Season with salt and pepper, to taste. Transfer the chicken breasts to plates and add a portion of noodles to each. Serves 4.

Angel-Hair Pasta with Garlic, Scallops and Arugula

20 sea scallops
1/2 pound angel-hair pasta
1/2 cup extra-virgin olive oil
2 cloves garlic, finely chopped
1/4 cup white wine
1 tablespoon lemon juice
3 cups baby arugula leaves
1/2 cup chopped fresh cilantro leaves, divided

Pat scallops dry with paper towels. Bring a large pot of water to a boil and cook the pasta until al dente. Drain well and toss with 1 tablespoon olive oil. Meanwhile, heat 1 tablespoon oil in a frying pan, add the garlic and cook for a few seconds or until fragrant. Do not brown. Add the wine and lemon juice and remove from heat. Heat a grill pan or skillet over high heat and brush with a little oil. Season the scallops with salt and pepper and cook for 1 minute on each side or until just cooked. Gently reheat the garlic mixture, add the arugula, and stir over medium heat for 1-2 minutes or until wilted. Toss through the pasta, then add the remaining oil and half the cilantro and mix well. Divide the pasta among 4 serving bowls, arrange the scallops over the top, and garnish with the remaining cilantro. Serves 4.

Pork and Glass Noodle Soup

5 ounces cellophane noodles
2 teaspoons vegetable oil
2 teaspoons grated fresh ginger
5 cups chicken stock
1/3 cup Chinese rice wine
1 tablespoon hoisin sauce
1 tablespoon soy sauce
4 scallions, thinly sliced diagonally, plus extra for garnish
10 ounces sliced, cooked pork roast

Soak the noodles in a large bowl with enough boiling water to cover for 3-4 minutes.

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Drain. Heat the oil in a large saucepan. Add the ginger and stir-fry for 1 minute. Add the chicken stock, Chinese rice wine, hoisin and soy sauces, and simmer for 10 minutes. Add the scallions and roasted pork, and cook for another 5 minutes. Divide the noodles among 4 large bowls. Ladle in the soup. Garnish with extra scallion slices. Serves 4.

Macaroni with Tomato, Cucumber, Feta Cheese and Greek Olives

3/4 cup olive oil
2 tablespoons freshly squeezed lemon juice
2 cloves garlic, minced
Salt
Freshly ground black pepper
1 pound elbow macaroni noodles
3 medium-sized tomatoes, chopped
1 small cucumber, peeled, seeded and diced
1 small red onion, chopped
1/4 cup chopped fresh Italian parsley
6 ounces Feta cheese, crumbled
Kalamata olives
Anchovy fillets (optional garnish)

Combine 1/2 cup olive oil, lemon juice, garlic and salt and pepper to taste. Set aside. Cook macaroni noodles in boiling water, according to package directions until al dente. Drain and toss in a large bowl with the remaining 1/4 cup olive oil. Cool to room temperature, occasionally stirring the pasta to coat thoroughly. Add tomatoes, cucumber, onion and parsley to macaroni and mix well. Add reserved dressing and toss to coat thoroughly. Gently stir in most of the cheese, reserving some for garnish. Garnish with olives, anchovies and remaining cheese. Serves 8.

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