

Soba Noodles with Swiss Chard, Pine Nuts and Raisins

Ingredients:

4-6 servings

- 1 package of soba noodles (8 oz) Japanese Buckwheat noodles)
- 1 Bunch Swiss Chard, washed and chopped small
- ¼ cup roasted Pine Nuts, (Pignolia's)
- ½ cup golden raisins
- 1 red pepper, cut into strips
- 1 medium onion sliced thin
- 3 cloves or more garlic, minced
- 1 Tablespoon sherry
- 1 Tablespoon of Tamari (wheat-free organic soy sauce)
- 3 Tablespoons of Cold Pressed Olive oil
- ½ cup broth (vegetable or chicken)
- 1 teas sea salt, ½ teaspoon pepper

Procedure:

1. In a large kettle of boiling water, (add salt if desired), cook the noodles for 4 mins, or until al dente, drain and set aside.
2. In a wok or large skillet heat oil, stir-fry the onions until golden and small, the add garlic, stir for 1 min., add red pepper stir again 2 mins., then add Swiss Chard, let cool down a few mins. More, add raisins, transfer to a bowl
3. Heat remaining Tablespoon of oil, add noodles letting them brown for about 2 mins., reduce heat and then add the broth, stirring to combine well.
4. Add vegetable mixture to noodles and toss ingredients well, top with pinenuts.

Cook's Notes: Use some fresh herbs in the sauté and garnish