

Udon Noodle Soup with Spring Greens, Spring Onions, and Wild Mushrooms

- 1 **tablespoon vegetable oil**
 - 2 **tablespoons Asian sesame oil**
 - 1 **small red onion**, thinly sliced
 - 1 **small bunch spring onions** (scallions), sliced on diagonal into $\frac{3}{4}$ " pieces
 - 1-**inch piece fresh ginger**, peeled & thinly sliced
 - 1 **clove garlic**, minced
 - 5 **ounces wild mushrooms**, (use a variety that is in season such as oyster, crimini, shitake, etc.) sliced into uniform size pieces (approx. 1-2 inches)
 - 2 **tablespoons mirin** (sweet Asian cooking wine)
 - 2 **tablespoons soy sauce**
 - 1 **package spring greens or baby spinach** (8-12 oz.)
 - 1 **cup vegetable broth**
 - 2 **cups chicken broth**
 - **Salt & pepper to taste**
 - **Fresh cilantro** (optional)
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- 1 **14 oz.-package frozen Japanese udon noodles** (can use left over spaghetti or fettuccine noodles)
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- Heat vegetable and sesame oil in wok or saucepan. Add onion ginger and garlic, cooking until onion is soft and lightly browned. Add mushrooms, mirin and soy. Cook until mushrooms are softened (approximately 5 minutes).
 - Add spinach, vegetable broth and chicken broth. Simmer and cook until spinach wilts (approximately 3-5 minutes).
 - Add noodles and cook until noodles are heated and tender (do not overcook or they will become mushy).
 - Serve immediately by dividing into individual serving bowls and garnishing with fresh scallions and fresh cilantro leaves.

4-6 Servings

Nutritional Analysis:

Per Serving: 191 Calories; 5g Fat (22.8% calories from fat); 8g Protein; 29g Carbohydrate; 3g Dietary Fiber; trace Cholesterol; 885mg Sodium. Exchanges: 1 1/2 Grain (Starch); 0 Lean Meat; 1 Vegetable; 1 Fat.