

# Cold Sesame Noodles

Nutrition Highlights: Antioxidants, Vegetarian, Healthy Fats

Makes: 6 Servings

Here's another of my family's Sunday night Chinese take-out favorites, typically reserved for those times when we're indulging in higher-fat foods before starting a diet on Monday morning. I just had to find a way to enjoy the authentic taste of this dish a bit more often, without the guilt. This recipe does just the trick, with less than half the fat of the original!



- 1 tablespoon brown sugar
- 4 teaspoons toasted sesame oil
- 3 tablespoons low-sodium soy sauce
- 1/4 cup tahini (sesame paste), well-stirred
- 1 cup White Puree (see Make-Ahead Recipe #4)
- 1/4 cup rice wine vinegar or cider vinegar
- 2 to 3 garlic cloves, minced
- 1/4 to 1/2 teaspoon dried red pepper flakes, to taste
- 1 pound Asian noodles or thin spaghetti, ideally whole wheat, freshly cooked
- Optional extra boost: 3 green onions, thinly sliced; 2 tablespoons toasted sesame seeds; and/or sliced cucumber strips

> In a medium-size bowl, whisk together the brown sugar, sesame oil, soy sauce, tahini, White Puree, vinegar, and garlic. Add red pepper flakes to taste.

> Put the pasta in a large serving bowl. Spoon the sauce over the pasta, tossing to coat the pasta evenly. Garnish with sliced green onions, cucumber, and sesame seeds, if using. Refrigerate until cool, or feel free to serve it warm.