

# Sesame Soba with Wilted Kale & Mizuna

3 T grape seed oil  
2 T ginger root, chopped  
2 cups kale, cleaned and cut  
2 cups mizuna lettuce, cleaned  
2 T sesame oil  
1/2 lb. cooked soba noodles  
2 T toasted sesame seeds  
1/3 cup soy sauce  
3 T sweet chili sauce  
1/3 cup chopped green onion

Heat the grape seed oil in a sauté pan over medium heat. Add the chopped ginger and cook for 30 seconds. Add the kale and allow to cook just until wilted, about 1 minute. Next add the mizuna lettuce and remove from heat. Mix well with the sesame oil. In a large bowl, combine the soba noodles, kale-mizuna mix, soy sauce, sweet chili sauce, green onion and toasted sesame seeds. Toss together gently and garnish with more toasted sesame seeds.



ATLANTA BOTANICAL GARDEN