

SESAME NOODLES

INGREDIENTS

1 lb linguine pasta (I prefer whole grain)	1 teaspoon Chinese hot oil (more or less to taste)
1 Tablespoon sesame oil	3 Tablespoons sugar
1 Tablespoon extra virgin olive oil	2 tablespoons sesame seeds
3-4 cloves garlic, finely chopped	1/8-1/4 cup chopped chives or scallions
1/2 cup soy sauce	OPTIONAL: Grilled, sliced chicken breast, julienne carrots, sliced sugar snap peas
2 Tablespoons sesame oil	

LET'S MAKE IT!

Cook linguine until al dente & drain.

Toss with 1 tablespoon sesame oil & set aside to cool.

Add sesame seeds to a dry frying pan over medium heat, stirring constantly until golden and fragrant. Remove from pan & set aside to cool.

In frying pan over medium heat, add 1 Tbsp olive oil and garlic. Sauté until garlic barely begins to turn golden- do not brown.

Remove from garlic from heat, add soy sauce, 3 Tbsp sesame oil, hot oil and sugar to pan. Stir until sugar is dissolved. TASTE mixture for heat level and add more hot oil if desired.

Add liquid mixture to pasta and toss to coat.

Cover & refrigerate overnight for best results.

An alternate serving suggestion would be to add the liquid mixture to the pasta while both are still hot, add the chives, sesame seeds, chicken/shrimp and any veggies and serve warm.