

Mushroom Festival

Portabella, shiitake and enoki mushrooms give this dish its subtle earthy flavor.

1. Bring a 4-quart pot of water to a rolling boil. Add the soba noodles, and cook according to package directions. Drain, rinse under cold water, and set aside. Cut off and discard the bottom inch of the enoki mushroom stems, then set the mushrooms aside.
2. Heat a wok or medium-sized skillet over high heat. Add the oil, wine, tamari, and mirin. Toss in the portabella mushrooms and stir-fry 2 minutes, or until they begin to soften. Add the shiitake mushrooms and continue to stir-fry for 5 minutes. Turn off the heat.
3. Add the spinach to the mushrooms, stirring until it wilts. Add the soba noodles and toss to combine. Adjust the seasonings, if desired. Garnish with enoki mushrooms, and serve.

Yield: 8 servings

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- 1 pound soba noodles
- 6 ounces fresh enoki mushrooms
- 4 teaspoons sesame oil
- 7 tablespoons white wine
- 6 tablespoons tamari
- 4 tablespoons mirin
- 3 cups coarsely chopped portabella mushrooms
- 5 cups coarsely chopped fresh shiitake caps
- 4 cups spinach leaves

Lemon-Roasted Beets, Brussels Sprouts, and Yams

In this colorful dish, a vegetable medley is roasted in a delicious Mediterranean-style lemon and caper sauce.

1. Preheat the oven to 400°F. Place all the ingredients in a large bowl and mix well. Transfer to a large covered baking dish.
2. Bake for 1 hour, or until the beets are tender. Adjust the seasonings, if desired.
3. Serve immediately.

Yield: 4 to 6 servings

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- 2 cups cubed beets
- 2 cups Brussels sprouts, cut in half
- 2 cups yams, cut in chunks
- 2 cups leeks, cut into 2-inch diagonals
- ½ cup chopped parsley
- ⅓ cup lemon juice
- ¼ cup extra virgin olive oil
- 2 tablespoons capers (rinse if packed in salt)