<u>Yachae Gooksu</u> *(Vegetable Mixed Noodles)*
Makes 4 servings

Nothing beats a bowl of noodles with tasty vegetables for a quick and healthful meal. This particular recipe is great for a summer lunch, since it can be served chilled or at room temperatures. I prepare the veggies while the water is coming to a bowl, so I can make a tasty dish in no time.

Salt
1 pound dried somen noodles (about 4 bundles)
1 tablespoon vegetable oil, plus more if needed
2 cloves garlic, minced
3 carrots, coarsely shredded
3 small zucchini, thinly sliced crosswise
3 green onion, coarsely chopped
1/3 cup soy sauce
2 tablespoons Asian sesame oil
1-1/2 tablespoons sugar
2 pickling or Persian cucumbers, coarsely shredded
Toasted sesame seeds for garnish
Freshly ground black pepper (optional

Bring a large pot of water to a boil. Salt the water, then add the somen and cook until al dente, 3 to 4 minutes. Rinse under cold water. Drain well and divide the noodles among 4 large bowls.

Heat 1 tablespoon vegetable oil in a large skillet over high heat. Add the garlic and carrots and cook for 2 to 3 minutes. Add the zucchini and a little more oil if needed. Cook, stirring occasionally, until the zucchini is just slightly browned. Turn off the heat, add the green onions, and toss.

Stir the soy sauce, sesame oil, and sugar together in a small bowl until the sugar is dissolved.

Pile the vegetable mixture on the noodles and drizzle with the soy mixture. Top with the cucumbers, sesame seeds, and black pepper. Serve immediately.

VARIATIONS:
If you're feeling more adventurous, experiment with other vegetables. Mushrooms, onions, bell peppers, and sprouts work well.