

SOBA SENSATION

Serves 4 Prep 5 minutes Cooks in 15 minutes

- 1 8 oz. package of any EDEN Soba
- ½ cup hot water, for dipping sauce
- 2½ Tablespoons Reduced Sodium EDEN Shoyu Soy Sauce or any EDEN Shoyu Soy Sauce
- ½ teaspoon EDEN Wasabi Powder (Japanese mustard)
- 2 Tablespoons fresh daikon radish finely grated, or red radish
- 2 Tablespoons scallions finely chopped
- 1 sheet EDEN Sushi Nori cut into 1" squares, or 4 individual serving packets EDEN Spicy Nori Strips, cut into 1" squares

Cook soba as package directs, rinse and drain. For the dip sauce, place the water and shoyu in a saucepan and heat without boiling. Turn off the flame and add the wasabi powder. Mix thoroughly, and let cool slightly. Add the radish and scallions. Pour dip sauce into small individual dipping bowls. Place the noodles in serving bowls and garnish with nori squares. Dip the soba into the broth before eating.

Per Serving 213 Calories, 2g Fat (7% calories from fat), 10g Protein, 40g Carbohydrate, 2g Fiber, 0mg Cholesterol, 386mg Sodium

Soba

is Japanese for buckwheat. Its protein is superior to most other cereal grains as it has all essential amino acids even, the rare in grain, lysine. It is the best source of the important vitamin C complex flavonoid Rutin.

Over 1,100 free recipes at edenfoods.com



UDON NOODLE SALAD W/ MEKABU

Serves 6 Prep 15 minutes Cooks in 15 minutes

- 1 8 oz. package EDEN Whole Grain Udon
- ¼ cup EDEN Mekabu
- 1 cup carrots, julienne, blanched 2 minutes
- 2 cups cabbage, shredded, blanched 2 minutes
- ½ cup scallions, finely sliced

Dressing

- ¼ cup EDEN Brown Rice Vinegar
- ¼ cup EDEN Mirin
- 1 Tablespoon EDEN Toasted Sesame Oil
- 2 teaspoons EDEN Hot Pepper Sesame Oil
- ¼ cup EDEN Shoyu Soy Sauce

Soak mekabu in hot water to cover for 10 minutes, drain, and soak in cold water for another 2 minutes. Drain the mekabu and set aside. Cook udon as package directs, rinse and drain. Place the udon, mekabu, carrot, cabbage, and scallions in a mixing bowl. Combine remaining ingredients for the dressing, mix and pour over the udon. Gently toss and serve.

Per Serving 218 Calories, 5g Fat (21% calories from fat), 7g Protein, 36g Carbohydrate, 5g Fiber, 0mg Cholesterol, 914mg Sodium



NOODLES W/ SHIITAKE & KOMBU BROTH

Serves 5 Prep 25 minutes Cooks in 25 minutes

- 1 8 oz. package any EDEN Udon or Soba
- 4 cups water, including shiitake soaking water
- 1 piece EDEN Kombu, 3 inches long
- 8 EDEN Whole Shiitake Mushrooms, soaked in 1 cup hot water for 20 minutes, or 1 package EDEN Sliced Shiitake Mushrooms
- 1½ Tablespoons EDEN Shoyu Soy Sauce
- 2 Tablespoons EDEN Mirin
- 1 sheet EDEN Sushi Nori, cut into 1" squares
- ¼ cup EDEN Bonito Flakes, crumbled
- ¼ cup green onions, finely sliced

Cook pasta as package directs, rinse, drain and set aside. Prepare the broth by placing the kombu, shiitake, and water in a pot. Cover and bring to a boil. Reduce the flame to low, and simmer 4 minutes. Remove kombu. Add shoyu and mirin. Simmer 3 to 4 minutes. Serve broth over pasta. Garnish each bowl with bonito flakes, nori and green onions. In warm weather the broth can be chilled before serving over pasta.

Per Serving 191 Calories, 1g Fat (7% calories from fat), 8g Protein, 37g Carbohydrate, 4g Fiber, 0mg Cholesterol, 468mg Sodium



• 'Khorasan' aka kamut is ancient wheat recently revived. Its name means 'place in the sun'.
• Spelt was the staple grain of ancient Europe and the Middle East. Both are better, distant cousins of modern wheat, richer, easier to digest, and enjoyed by many sensitive to commercial wheat.

KAMUT UDON & MUSHROOM STIR FRY

Serves 4 Prep 15 minutes Cooks in 25 minutes

- 1 8 oz. package Kamut Udon or any EDEN Udon
- 3 cloves garlic, finely minced
- 1½ Tablespoons EDEN Toasted Sesame Oil
- ½ pound button mushrooms, stems removed, quartered
- 1½ Tablespoons EDEN Shoyu Soy Sauce, or to taste
- ½ cup green onions, chopped fine

Cook udon according to package directions, rinse, drain and set aside. Heat oil in a large skillet and sauté the garlic for 1 to 2 minutes.

Add mushrooms and ½ tablespoon of shoyu. Sauté for 3 to 4

minutes. Quickly rinse the cooked udon under hot

water to warm them up. Place udon on top of the mushrooms and turn the flame to medium-low.

Sprinkle the remaining shoyu over the udon, cover and simmer for 5 to 7 minutes

or until the udon is hot. Remove the cover, add the green onions, mix

and sauté another 1 to 2 minutes. Add more shoyu, if desired. Place in a serving dish.

Per Serving 284 Calories, 7g Fat (23% calories from fat), 13g Protein, 43g Carbohydrate, 4g Fiber, 0mg Cholesterol, 434mg Sodium



EDEN FOODS

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SOBA • UDON Noodles

Organically Grown and Crafted

GOOD FAST FOOD...

In neighborhoods of Japan you find tiny shops exuding enticing aromas. People hurriedly arrive and leave happily satisfied. This is the sobaya. The original Japanese fast food shop, serving a limited menu of long popular soba and udon noodle dishes to a bustling clientele. Udon and Soba in simple traditional presentations are amazingly popular and always a satisfying, rewarding discovery of the weary traveler.

EDEN Soba & Udon noodles bring the craftsmanship and satisfaction of the sobaya to us with authentic interpretations that the more common cheap imitations do not. They are easy to make, delicious, and endlessly versatile.

SOBAYA • SOBA SHOP

Seven types of organic EDEN Soba & Udon are made of the finest organic North American family farm grain:

- Buckwheat • Hard Red Spring Wheat
- Whole Grain Durum Wheat
- Lundberg™ Short Grain Rice
- Khorasan (kamut) Wheat • Spelt

They provide complex carbohydrate, protein, and phytonutrients, and are crafted at the Sobaya Company of Montréal, Québec using the same roll-and-cut process as the traditional makers in Japan. Sobaya Company imported Japanese machines for North America's only certified organic, traditional soba and udon making factory. They make the finest soba and udon available in the Western hemisphere.

SOBA AND UDON MAKE YOU HAPPY

It begins with Eden chosen grain freshly milled for each production run. EDEN Soba and Udon are made using the traditional roll-and-cut method. Flour is kneaded with pure water and EDEN sea salt. Salt binds the dough, enhances flavor, and preserves the dried pasta. When ready the dough is rolled out and folded onto itself eight times and then cut to length. Long noodle strands are lifted onto racks, rolled into drying rooms, and allowed to dry slowly for up to two days depending upon thickness and ambient temperature / humidity. Dutifully tended, they are hand-cut and packed when perfectly finished. The finest organic domestic grain, exacting methods, and a patient no-shortcut approach create superior texture, flavor, and your satisfied well-being.

Canadian and U.S.A. Organic Grain

Time tested know-how
skillfully executed

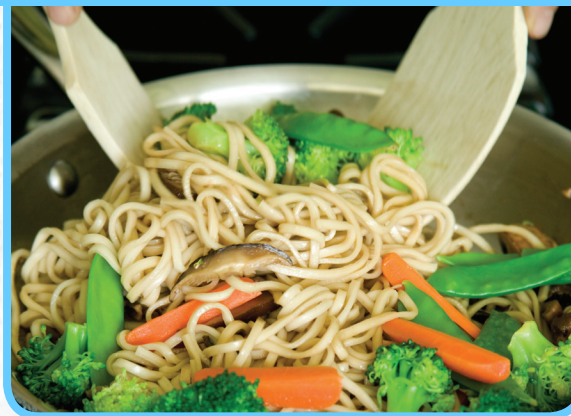
Slow, low temperature drying

Zero chemical additives or eggs,
non-enriched, and low sodium

Reclosable boxes of 100% recycled
paperboard - please recycle

100% Whole Grain Udon awarded
"Best food" by Women's Health

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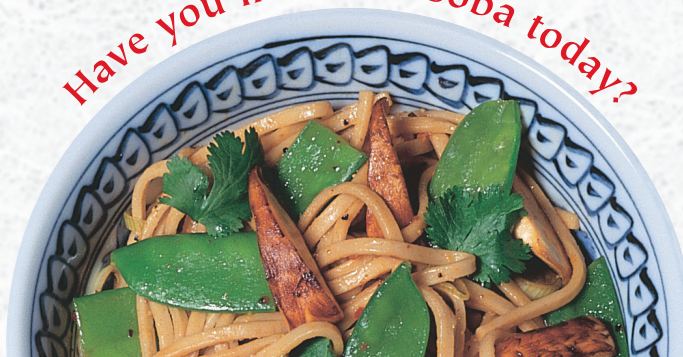
AROSE THE INNER CHEF...

Experiment with, experience Japanese food. EDEN Soba & Udon noodles are a good start. Use them for salads, stir-fries, casseroles, and sushi. Exercise the creative and make tasty, satisfying, feel-good meals in minutes.

Combining Soba & Udon with...

- ✿ EDEN Sea Vegetables, Shiitake and Maitake Mushrooms, and Dried Tofu
- ✿ EDEN Mirin and Ponzu Sauce
- ✿ EDEN Organic Miso and Shoyu Soy Sauce
- ✿ EDEN Sesame Oil, Toasted Sesame Oil, or Toasted Hot Pepper Sesame Oil
- ✿ EDEN Organic Gomasio (sesame salt) Plain, Garlic, Seaweed, Black, or Black & Tan
- ✿ EDEN Shake (sesame seasoning), Tekka (miso vegetable condiment), or Dulce Flakes
- ✿ Visit edenfoods.com for loads of free recipes

Have you had your Soba today?



Organic Udon



Organic Whole Grain Durum Wheat,
EDEN Sea Salt

Women's Health top choice in the "125 best Packaged Foods for Women," and the only 100% Whole Grain Udon, 100% WG durum wheat. Heart Healthy*, low sodium, an excellent source of fiber, thiamin B1, and magnesium. A good source of protein, niacin B3, iron, zinc, and copper.

Organic Kamut® Udon



Organic Kamut Wheat, EDEN Sea Salt

Many people sensitive to modern wheat can enjoy kamut because of its water-soluble gluten. Its dense nutritional value makes extra satisfying noodles. Low sodium, an excellent source of protein, and a good source of healthy fiber, thiamin B1, niacin B3, iron, magnesium, and zinc.

Organic Spelt Udon



Organic Spelt Wheat, EDEN Sea Salt

Spelt, aka dinkel or farro, is an ancient variety of, and distant cousin to, modern wheat. An excellent source of thiamin B1 w/ 25% daily value (DV) per serving of magnesium that is essential to heart health. Low sodium and a good source of protein, niacin B3, and zinc.

Organic Wheat & Rice Udon



80% Organic Spring Wheat, 20% Organic Rice,
EDEN Sea Salt

The finest North American family farm spring wheat and Lundberg short grain rice, crafted into traditional Udon. Low sodium, an excellent source of thiamin B1, and a good source of healthy fiber, protein, niacin B3, magnesium, iron, and zinc.

Organic Soba



70% Organic Spring Wheat, 30% Organic Whole Buckwheat, EDEN Sea Salt

'Soba' is another word for buckwheat, a warming and strengthening food. EDEN traditional Soba is low sodium and an excellent source of thiamin B1. It provides protein, iron, niacin B3, magnesium, and zinc. Buckwheat is the best source of the important flavonoid rutin.

Organic Kamut Soba



80% Organic Kamut Wheat, 20% Organic Whole Buckwheat, EDEN Sea Salt

Khorasan (kamut) wheat is an ancient variety with large golden kernels blended here with whole buckwheat. This stone-ground pair makes superb soba... tradition with a kamut twist. Low sodium and a good source of healthy fiber, protein, thiamin B1, niacin B3, iron, and zinc.

Organic Spelt Soba



80% Organic Spelt Wheat, 20% Organic Whole Buckwheat, EDEN Sea Salt

The twelfth century healer St. Hildegard wrote, "It produces a strong body and healthy blood for those who eat it and makes the spirit of man light and cheerful." Buckwheat and spelt are ancient grains known for soothing energy and being easy to digest. Classified as red wheat, spelt is often enjoyed by people sensitive to modern wheat. Low sodium and an excellent source of thiamin B1, and a good source of protein and magnesium.

* Diets rich in whole grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may reduce the risk of heart disease and some cancers.

 EDEN
Eden Foods
Clinton, Michigan 49236
888.424.3336

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