

Rainbow Soba Noodle Salad



This recipe is quick, easy, and kid approved! The dressed noodles and vegetables hold up well for several days in the refrigerator, making it a great choice for meal prep.

YIELD 6 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 35 MIN
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INGREDIENTS

2 medium	Carrots, shredded
1 medium	Cucumber, cut into small strips
1 cup	Red Cabbage, shredded
2 cups	Cherry Tomatoes, halved
1 cup	Edamame (shelled), thawed
8 ounces	Buckwheat Soba Noodles
¼ cup	Sesame seeds, toasted
¼ cup	Rice Wine Vinegar, unseasoned
3 Tbsp	Tamari or Soy Sauce, low sodium
2 Tbsp	Honey
1 tsp	Sesame Oil
½ tsp	Sriracha or Chili Garlic Sauce

CHEF'S NOTES

Try adding (leftover) chicken or tofu and your favorite nuts and seeds like cashews or sunflower seeds for some added protein and crunch. This recipe is also easily customizable with any of your favorite vegetables or fruit like kale, sweet or spicy peppers, mango or mandarin oranges.

Other noodles can be used (like rice or egg noodles, but we like buckwheat soba because they are a tasty whole grain with a hearty, chewy texture.

EQUIPMENT NEEDS

Cutting Board & Knife
Measuring Cups & Spoons
Peeler & Grater (both optional)
Large pot & Strainer
Mixing Bowls
Whisk and Tongs (or hands!)

DIRECTIONS

1. Gather all necessary equipment and ingredients. Cut all of the vegetables and edamame and add them to one medium bowl. Set aside.
2. Fill a large pot with water, place it over medium heat and bring the water to a boil. When the water reaches a boil, add the soba noodles and cook until they are soft but still a little chewy, about 5-8 minutes.
3. While the noodles are cooking, in a large bowl, add the sesame seeds, vinegar, tamari or soy sauce, honey, sesame oil and sriracha. Whisk the dressing until well combined.
4. Once the noodles have finished cooking, strain them in a colander and run the noodles under cold water to stop the cooking. Set the cooled noodles aside to allow excess water to drain, about 1 minute.
5. Add the cooled, drained noodles to the large bowl of dressing. Gently toss until the noodles are coated. Add the vegetable mixture to the noodles and continue to toss until combined. Serve hot or cold.

Nutrition Facts

6 servings per container

Serving Size 1 1/2 cups (231 g)

Amount per serving

Calories 270

% Daily Value *

Total Fat 6g 7%

Saturated Fat 0.5g 3%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 410mg 18%

Total Carbohydrate 47g 17%

Dietary Fiber 6g 21%

Total Sugars 11g

Includes 0g Added Sugars 0%

Protein 10g 20%

Vitamin D 0mcg 0%

Calcium 80mg 6%

Iron 1mg 7%

Potassium 500mg 10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

