

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

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

CHEF'S NOTES

Try adding 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.

Buckwheat is a gluten-free whole grain, but you'll need to check the package on your noodles to be sure that regular wheat isn't included if you are trying to keep this recipe gluten free. Other noodles can be used as well, like rice noodles, but we like buckwheat soba because for their hearty, chewy texture.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
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. Combine cut vegetables and edamame in a medium bowl. Set aside.
4. 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.
5. Once the noodles have finished cooking, strain them in a colander and run the noodles under cold water to stop the cooking process. Set the cooled noodles aside to allow excess water to drain, about 1 minute.
6. 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 chilled or at room temperature.

Nutrition Facts

6 servings per container

Serving size 1 1/2 cups (237g)

Amount Per Serving

Calories **260**

% Daily Value*

Total Fat 6g **8%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 340mg **15%**

Total Carbohydrate 44g **16%**

Dietary Fiber 5g **18%**

Total Sugars 11g

Includes 6g Added Sugars **12%**

Protein 11g **22%**

Vitamin D 0mcg 0%

Calcium 100mg 8%

Iron 2.9mg 15%

Potassium 510mg 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.

CONTAINS: WHEAT, SOY, SESAME



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