

Soba Noodle Salad



Vibrantly flavored and full of crisp vegetables. Tender soba noodles are folded over with crunchy bean sprouts, sweet snow peas and ribbons of julienned cucumber. Topped with scallions, toasted sesame seeds, chopped mint and cilantro. The bold sweet & spicy plum vinaigrette takes well to any manner of vegetables.

Yield	5-1/2 oz
Serves	1
Preparation time	2 minutes

Recipe details

Qty	Unit	Alt Qty	Alt Unit	Ingredient	Preparation
3	oz	1 cup		Noodles, japanese, soba, cooked	
3/4	oz	1/4 cup		Cucumber	julienne
1/2	oz	1/4 cup		Bean sprouts	
1/4	oz	2 tbsp		Carrot	julienne
1	tbsp			Scallion	sliced
.25	oz	1 tbsp		Peas, green, fresh	
1/2	tsp			White sesame seed	toasted
1	tsp			Cilantro	
1	tsp			Mint, fresh	
1/2	fl oz	1 tbsp		Sweet and Spicy Plum Wasabi Vinaigrette - prepared	(see separate recipe)

Preparation Steps

1. Add noodles, cucumbers, bean sprouts, carrots, scallions, snow peas, sesame seeds, cilantro and mint (or guest's selection of vegetables, grains, noodles, and garnishes) to a bowl.
2. Toss with Sweet and Spicy Plum Wasabi Vinaigrette (or guest's choice of dressing).

Nutrition

Nutritional analysis per serving	
Energy (Kcal)	160.6
Energy (KJ)	674.9
Protein (g)	5.8
Carbohydrate, total (g)	26.4
Fats, total (g)	4.6
Fats, saturated (g)	0.6
Fiber, total dietary (g)	1.3
Sodium (mg)	138.5
Calcium (mg)	32.2
Cholesterol (mg)	0.2
Iron (mg)	1.1
Vitamin A (µg_RAE)	74
Vitamin C (mg)	6.6

The nutritional analysis is based on a theoretical computation, not on a laboratory analysis.