



Sesame-Kale Noodle Salad

SERVES 1

446 calories
15 g fat (2 g saturated)
63 g carbs
16 g fiber
24 g protein

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Vegetarian

INGREDIENTS

- 1/4 avocado
- 1 tablespoon white miso paste
- 1/2 garlic clove
- 2 teaspoons lemon juice
- 1/2 teaspoon olive oil
- 1/4 teaspoon kosher salt
- 1 1/2 cups stemmed, chopped kale
- 1 cup cooked buckwheat noodles
- 1/2 cup cooked, shelled edamame

RECIPE WILDCARD

(<http://www.self.com/body/recipes/2012/06/asian-salmon-bowl/>)

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BROWSE

Vegetarian

1 teaspoon sesame seeds

PREPARATION

In a blender, puree 1/4 avocado, 1 tbsp white miso paste, 1/2 garlic clove, 2 tsp lemon juice, 1/2 tsp olive oil, 1/4 tsp kosher salt and 1/3 cup warm water; toss with 1 1/2 cups stemmed, chopped kale, 1 cup cooked buckwheat noodles and 1/2 cup cooked, shelled edamame. Serve topped with 1 tsp sesame seeds.

Photographer: Andrew Purcell

KEYWORDS: AVOCADO ([HTTP://WWW.SELF.COM/TAG/AVOCADO/](http://www.self.com/tag/avocado/)),
BUCKWHEAT NOODLES ([HTTP://WWW.SELF.COM/TAG/BUCKWHEAT-NOODLES/](http://www.self.com/tag/buckwheat-noodles/)),
EDAMAME ([HTTP://WWW.SELF.COM/TAG/EDAMAME/](http://www.self.com/tag/edamame/)),
GARLIC ([HTTP://WWW.SELF.COM/TAG/GARLIC/](http://www.self.com/tag/garlic/)),
KALE ([HTTP://WWW.SELF.COM/TAG/KALE/](http://www.self.com/tag/kale/)), MISO ([HTTP://WWW.SELF.COM/TAG/MISO/](http://www.self.com/tag/miso/)),
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