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Asian Noodle Salad

Ingredients

8 ounce(s) noodles, udon
4 ounce(s) pea pods, fresh
2 tablespoon oil, sesame
1 tablespoon oil, peanut
2 tablespoon soy sauce
2 tablespoon vinegar, rice wine
1/2 ounce(s) mushrooms
1 small carrot(s)
2 onion(s), green
1 cup(s) sprouts, bean
2 tablespoon nuts, dry-roasted peanuts

Preparation

1. Cook the noodles according to the package directions, omitting salt. Thirty seconds before the noodles are cooked, add the pea pods to blanch. Drain the pasta and pea pods.
2. Mix the sesame oil and peanut oil in a small bowl.
3. In another small bowl, combine the soy sauce and vinegar. Whisk in 2 tablespoons of the oil mixture.
4. Put the hot noodles in a large bowl. Mix the remaining tablespoons of oil mixture into the noodles. Add the mushrooms, pea pods, carrot, onions, and bean sprouts. Add the soy sauce dressing; toss well. Sprinkle with chopped nuts. Serve hot or cold.

Quick Info:

6 Servings

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Nutritional Info (Per serving):

Calories: 243, Saturated Fat: 1g, Sodium: 213mg, Dietary Fiber: 4g, Total Fat: 9g, Carbs: 35g, Sugars: 5g, Cholesterol: 0mg

Exchanges: Vegetable: 1, Starch: 2, Fat: 1.5

Carb Choices: 2.5

Recipe Source:

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