

Asian Noodle Salad

Dressing:

3 T lime juice
2 T low sodium soy sauce
2 T water
1 T rice vinegar
1 T pure maple syrup
1/4 c natural peanut butter
2 garlic cloves, peeled
1 tsp grated fresh ginger

Combine all ingredients in a blender & blend until creamy! Set aside.

Noodles & Vegetables:

8 oz package whole grain thin spaghetti or soba noodles
2 cups thinly sliced red cabbage
2 cups shredded carrots
1 cup finely chopped kale
1 red pepper, seeded & thinly sliced
2 celery stalks, thinly sliced
4 green onions, thinly sliced
1/4 cup chopped cilantro
1 cup frozen shelled edamame, thawed
1/4 c chopped peanuts (for garnish)

Cook the noodles according to the packaged instructions and rinse in a colander with cold water.

Combine all the vegetables in a large bowl and toss to combine. Add the noodles and dressing and toss thoroughly. Garnish with the chopped peanuts and serve.

Try any combination of vegetables. You can easily add baked tofu, or tempeh in place of edamame or any favorite legume.