



Soba Salad

<u>U.S.</u>		<u>Metric</u>
2 Tbsp	Rice Wine Vinegar	30.0 mL
2 Tbsp	Tamari, low-sodium	30.0 mL
2 tsp	Sesame Oil	10.0 mL
1 Tbsp	Honey	21.0 g
1 1/2 cups	Carrots, shredded	340.2 g
2 cup	Red Cabbage, shredded	453.9 g
1/2 bunch	Kale leaved, stems removed, sliced thin	1/2 bunch
8 oz	Buckwheat Soba Noodles	226.8 g
1/4 cup	Sesame Seeds, toasted	56.7 g
3 Tbsp	Green Onions, sliced	43.05 g

Preparation:

1. Gather all ingredients and equipment.
2. Fill a pot large enough to hold the soba noodles with water and bring to a boil. When the water reaches a boil, add the soba noodles and cook for approximately 5 to 8 minutes, or until soft.
3. While the noodles are cooking, mix the rice wine vinegar, tamari, honey, and sesame seeds in a bowl.
4. Once the noodles have finished cooking, strain and run noodles under cold water. Set the cooled noodles aside to allow excess water to drain.
5. Place a large sauté pan over medium heat and add the sesame oil.
6. Once the oil is hot, add the the shredded cabbage, carrots, and kale. Sauté the vegetables until they are tender.
7. Add the tamari mixture and the drained soba noodles to the pan and slightly reduce the heat. Cook for 2 minutes, stirring occasionally.
8. Garnish with the green onions and serve immediately.

****Nutrition Facts on Reverse**

Nutrition Facts**Serving size** **1/6 of recipe****Servings** **6****Calories** 216

Calories from Fat 35

Total Fat 3 g

Saturated Fat 0.5 g

Trans Fat 0 g

Monounsaturated Fat 1 g

Cholesterol 0 mg

Sodium 312 mg

Carbohydrates 40 g

Dietary Fiber 4 g

Sugars 7 g

Protein 7 g

Vitamin A 320 %

Calcium 9 %

Vitamin C 22 %

Iron 7 %

Phosphorus 0 mg
