



Rice Noodle Salad with Peanut Sauce

<u>U.S.</u>		<u>Metric</u>
1/2 lb	Rice Noodles, prepared to package instructions	226g
4 cups	Red Cabbage, shredded	280g
2 large	Carrots, shredded	2 large
1/2 cup	Green Onion, sliced thin	50g
1/2 cup	Garden Herbs, such as basil, oregano, and parsley	50g
1/4 cup	Sesame seeds, toasted	10g
2 cloves	Garlic, minced	2 cloves
3 Tbsp	Peanut Butter, unsalted	42g
2 tsp	Toasted Sesame Oil	10mL
3 Tbsp	Tamari, reduced sodium	45mL
1 Tbsp	Rice Wine Vinegar	15mL
1 Tbsp	Honey	15mL
1 each	Lime, zested and juiced	1 each

Preparation:

1. Gather all ingredients and equipment.
2. In a large bowl, combine the rice noodles, cabbage, carrot, onion, garden herbs and sesame seeds.
3. In a small bowl, mix together the garlic, peanut butter, oil, tamari, vinegar, honey and lime. Pour the combined dressing over the noodle and vegetable mixture. Mix the rice and vegetable mixture until coated in the dressing.

Nutrition Facts

6 Servings

Serving size **1.5 cups**

Amount per serving

Calories **210**

Total Fat	9 g
Saturated Fat	1.5 g
Trans Fat	0 g
Monounsaturated Fat	1.5 g
Cholesterol	0 mg
Sodium	440 mg
Total Carbohydrate	25 g
Dietary Fiber	4 g
Total Sugars	7 g
Includes 3 g Added Sugars	
Protein	7 g
Vitamin D	0 %
Calcium	10 %
Iron	8 %
Potassium	280 mg
Phosphorus	70 mg
