



Recipes

Salads

Cold Soba Noodle Salad

Prep Time: 20 minutes

Cook Time: 15 minutes

Yield: 4 servings

Ingredients:

8 ounces soba noodles

6 cups water

1 bunch sunflower sprouts or pea shoots, chopped

1/2 cup chopped red radishes

1/2 cup chopped celery

1/2 cup chopped cucumber

Dressing:

1/2 cup finely chopped fresh basil

1 tablespoon toasted sesame oil

1/4 cup tahini

2 tablespoons tamari soy sauce

2-inch piece grated fresh ginger

Juice of 1/2 lemon

Directions:

1. Put soba noodles into a pot of 6 cups boiling water.
2. Cook until tender, no more than 8 minutes.
3. Rinse with cold water when finished cooking.
4. Mix all vegetables and noodles in a large bowl.
5. Combine ingredients for dressing in a small bowl, or a container with a lid.
6. Once dressing is combined pour over noodles and mix well.