

Asian Sesame Noodle and Vegetable Salad



Yield: 3-4 as an entrée or 6-8 as a side salad

Ingredients:

Sesame Ginger Dressing:

1 T finely minced ginger

1 T finely minced garlic

¼ C freshly squeezed lime juice

1 T Tamari (or soy sauce)

2 T Rice vinegar (can substitute apple cider vinegar and omit honey)

¼ C Tahini (sesame paste)

1 T Honey

Pinch of cayenne

¼ C Canola or sunflower oil (or other neutral vegetable oil)

2-3 T Sesame oil

¼ tsp ground black Pepper

Salt

Method:

Place the first eight ingredients in a medium non-reactive bowl (stainless steel or glass) and whisk together until combined. Be sure to stir the tahini in the jar before measuring as it tends to separate. Drizzle the neutral oil in slowly, whisking the entire time and the same with the sesame oil. Add some black pepper and stir together. Taste and adjust with additional tamari, lime juice or salt. It should be tangy and slightly salty.

Will yield more dressing than needed for the salad.

Noodle and Vegetable Salad

Ingredients:

½ lb Soba noodles (Japanese buckwheat noodles) or ½ whole wheat spaghetti, cooked according to package directions, drained, rinsed in cold water and drained well. Spread out on cookie sheet and toss with 1 T sesame oil and refrigerate until cool.

Asian Sesame Noodle and Vegetable Salad



1 C finely julienned Carrots

1 C julienned Cucumbers (peel only if skin is tough, remove seeds if the seeds are too large)

1 lb Green beans or broad beans, stringed and cut into 1 ½ inch bias

¼ C finely sliced red or sweet Onion (can substitute scallions)

Salt

2 T toasted whole Sesame seeds

Sesame Ginger Dressing

Method:

Bring salted water to a boil in a small pot. When the water is boiling, turn heat down and add the green beans. When the beans are tender but still have a bite, drain and rinse in iced cold water. When the beans are cool, drain well and lay out on clean kitchen towel or paper towels to dry.

When the beans are dry add to a large bowl with the rest of the vegetables and season with salt and black pepper and stir together gently. Add the chilled noodles, being sure to separate if they're tangled together and stir the noodles and vegetables together with tongs or chop sticks. Add the Sesame Ginger dressing, starting with about ¼ cup. Taste and adjust the amount of dressing as needed. Plate either individually or on a platter on a bed of greens and garnish with the toasted sesame seeds.

Serve with grilled chicken or tofu as part of an entrée or as a side salad.