

Soba Noodle Salad

INGREDIENTS:

1/4 cup plus 2 tablespoons Rice Vinegar
1 teaspoon Coconut Palm Sugar
2 tablespoons Ginger, grated
1 tablespoon Honey
2 tablespoons Tamari
2 teaspoons Toasted Sesame Oil
2 teaspoons Asian Chili Sauce (Sriracha)
1/4 cup Coconut Oil
12 ounces Soba Noodles (Japanese Buckwheat Noodle)
1 Carrot, peeled and grated on box grater
1 Red Bell Pepper, seeded and julienned
1/4 English cucumber, peeled and grated on a box grater
3 green onions, thinly sliced
1/4 cup chopped fresh cilantro leaves

INSTRUCTIONS

Cook Soba Noodles according to package directions, rinse under cold water and drain well.

Whisk together the vinegar, sugar, ginger, honey, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the coconut oil until the dressing is emulsified.

Add the noodles, carrot, pepper, cucumber, green onions and cilantro. Gently mix to combine and serve.

Per Serving:

Calories: 323

Total Fat 12.5g

Saturated Fat 1.3g

Cholesterol 0mg

Total Carbohydrate 47.7g

Dietary Fiber 6.6g

Total Sugars 7.1g

Protein 8.3g