

Fall 2001 Recipes

Salads

Soba Noodle or Fettuccine Salad

Soba noodles are made with buckwheat and can be found either with other pasta products or with other Asian foods at your grocery store.

Serves 6

Provides 1 1/2 vegetable servings per person

- 8 ounces or 1/2 pound of dry soba noodles or fettuccine
- 1 package frozen broccoli florets, steamed and cooled (3 cups)
- 1 cup thawed peas
- 6 green onions, trimmed and cut in 1/4 inch slices (1/2 cup)

Dressing

- 3 tablespoons rice vinegar
- 2 tablespoons toasted sesame oil
- 1 tablespoon low-sodium soy sauce
- 2 teaspoons grated or finely chopped ginger root

Garnish

- 2 tablespoons toasted sesame seeds

1. Cook the noodles until tender but still firm. Drain and cool quickly in cold water then drain again.

Combine the noodles with the broccoli, peas, and green onions.

2. Stir together the lime juice, vinegar, oil, low-sodium soy sauce, and ginger. Pour over the noodles and vegetables and toss to mix thoroughly. Top with sesame seeds.

3. Chill for at least 30 minutes before serving.

Nutritional Analysis

Per Serving:

241 calories

6 g fat

24% calories from fat

1 g saturated fat

4% calories from saturated fat

40 g carbohydrates

444 mg sodium

6 g dietary fiber