



Soba Noodle Salad

INGREDIENTS

- 1 pkg soba noodles (9 oz)
- 2 carrots
- 1 cucumber
- 1/3 cup daikon
- 1/4 cup green onions
- 1/2 package baked tofu (6–8 oz)
- 2 tbsp fresh mint
- 3 tbsp basil
- 3 tbsp cilantro
- 2 tbsp sesame seeds
- 3 tbsp rice vinegar
- 3 tbsp low-sodium tamari
- 3 tbsp honey, agave, or maple syrup
- 1/2 tsp fresh chile pepper
- 2 cloves of garlic

METHOD

- 1** Cook the soba noodles according to package directions. Rinse under cold water and chill. Slice the carrots, cucumber, and daikon. Mince the green onions. Cut the baked tofu into bite-size pieces. Thinly slice the fresh mint. Tear or chop the basil and cilantro. Mince the fresh chile pepper and garlic.
- 2** To prepare the dressing, whisk together the rice vinegar, low-sodium tamari, honey, fresh chile pepper, and garlic in a small bowl or jar.
- 3** Combine the chilled noodles, vegetables, tofu, herbs, and sesame seeds in a large bowl. Add the dressing and toss to coat. Refrigerate for at least 1 hour before serving.