

Super-Fast Soba Noodle Salad

This salad takes very little time to make and packs well for a healthy brown bag lunch.

Serves 5

1, 8oz package buckwheat soba noodles
2 cups cucumber, diced
2 cups red cabbage, chopped
2 green onions, chopped (white and green parts)
1 ½ cups frozen edamame, unthawed
¼ cup sesame seeds
½ cup cilantro
2 tablespoons sesame oil
2 tablespoons low sodium tamari or soy sauce
4 tablespoons balsamic vinegar
1 tablespoons maple flavored agave syrup

Cook soba noodles according to package instructions. Drain and rinse with cold water.

Combine cooked noodles, cucumber, red cabbage, green onions, edamame, sesame seeds, and cilantro in a large bowl.

In a small bowl whisk together sesame oil, tamari, balsamic vinegar, and agave syrup.

Pour vinaigrette over noodles and vegetables. Toss well.

Serve at room temperature or chill. Refrigerate in an airtight container for up to 3 days.

Tips

- To cut down on prep time, look for pre-packaged diced red cabbage.

340 calories, 45 g carbohydrate, 5 g fiber, 14 g fat (1.5 g saturated fat), 14 g protein, 560 mg sodium, 6g sugar