

Spicy Soba Salad

Vary the vegetables according to availability. Fresh peas, corn, red and green bell pepper, and radishes are good, colorful options.

Break noodles into 3 or 4 even lengths and cook according to the directions on the package. Rinse noodles under cold running water, drain, and set aside

Parboil carrots and broccoli for 2 minutes, rinse under cold water, and drain well. Combine all vegetables with cooked noodles in a medium-sized bowl.

Whisk dressing ingredients together and add to noodle mixture. Toss gently and serve.

*Chili-flavored sesame oil is available in most well-stocked natural foods stores, Asian food stores, and some specialty shops and supermarkets.

Preparation List:

Serves: 3-4

- 8 ounces soba
- 1 large or 2 medium carrots, cut into 1 1/2 inch matchsticks
- 1 1/2 cups broccoli florets
- 2 scallions, slivered
- 2 tablespoons minced parsley

DRESSING:

- 1 tablespoon light sesame oil
- 1 tablespoon toasted sesame oil
- 1/4 teaspoon chili-flavored sesame oil*
- 2 tablespoons tamari or shoyu
- 1/4 teaspoon sea salt
- 3 tablespoons brown rice vinegar
- 1 clove garlic, finely minced