

# Vietnamese Noodle Salad

## Ingredients

### Dressing:

- 1/3 cup rice wine vinegar (or white vinegar)
- 1 ½ tablespoons fish sauce  
(or 1 teaspoon soy sauce)
- 2 tablespoons of sugar
- 2 garlic cloves, minced

### Salad

- 4-5 oz uncooked rice vermicelli noodles  
(or bean thread or udon)
- 2 cups of carrots, shredded or julienned
- 2 cups of cucumbers, shredded or julienned
- 1 cup of fresh mint/basil/cilantro, chopped

*Optional: ½ cup crushed peanuts. May add more veggies or sub for others like zucchini, bell peppers or lettuce.*

## Directions

- 1) Place all 4 dressing ingredients in a small bowl and mix thoroughly until the sugar is dissolved.
- 2) Cook the noodles according to package directions. Drain noodles of water.
- 3) Put noodles in large bowl and top with veggies and herbs. Add desired dressing and use forks/tongs to toss/mix.
- 4) Ready to eat! Add peanuts and protein if desired.

Recipe adapted from

<https://www.feastingathome.com/vietnamese-vermicelli-salad/>

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**Nutrition Tip:** Adding a protein, like tofu or hardboiled eggs, to your noodle salad makes for a more balanced meal.

