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/

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

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