

Soba Noodle Salad

Serves 4

Common Allergens: Wheat, soy, sesame

Time: 20 minutes



VEGAN



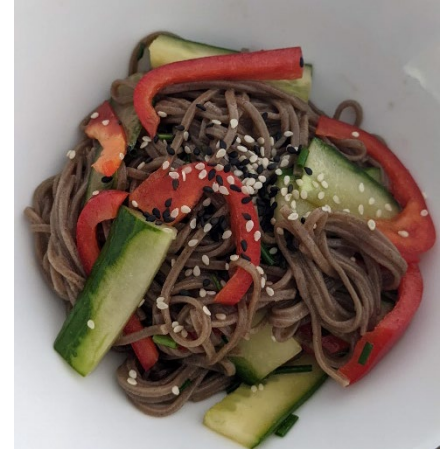
VEGETARIAN



GLUTEN FREE



DAIRY FREE



Ingredients

- 7 ounces dried soba noodles
- 2 cups cucumber, chopped
- ½ red bell pepper, sliced
- 2 cups shelled edamame
- 3 stalks green onion, sliced
- 4 teaspoons reduced sodium tamari or soy sauce
- 1 tablespoon rice vinegar
- 1 tablespoon toasted sesame oil
- 1-2 cloves garlic, minced
- 1 tablespoon sesame seeds

Directions

1. Prepare noodles according to package directions. After cooking, rinse them under cold water and drain in a colander.
2. In a medium bowl, combine all ingredients. Season to taste - add more tamari, vinegar, oil, or garlic to taste if desired. Cover and let sit in the refrigerator for one hour if possible, which will allow the flavors to marry.
3. Serve cold and garnish with sesame seeds

Notes

- This recipe can be customized to your taste or whatever you have on hand
 - Other ingredient options: carrots, cabbage, tomato, bean sprouts, sautéed mushrooms, boiled egg, chicken, peanuts, sesame seeds, cilantro
 - Chili oil – store-bought or make your own: Heat chili flakes (and Sichuan peppercorns if you'd like) in oil in a saucepan over low heat for a few minutes. Strain if using peppercorns.

Recipe from [Cooking on a Budget, Fall 2022](#)