



Buckwheat noodle salad

YIELD: 16 PORTIONS

INGREDIENTS

Dressing

Rice vinegar 1 1/4 cups
 Ginger, peeled, grated 1/2 cup
 Honey or maple syrup 1/4 cup
 Tamari, gluten free 1/2 cup
 Sesame oil, toasted 2 Tbsp. + 2 tsp.
 Sriracha sauce 2 Tbsp. + 2 tsp.
 Olive oil 1 cup

Salad

Buckwheat noodles, cooked 48 oz.
 Carrot, peeled, julienned 4 ea.
 Red pepper, julienned 4 ea.
 English cucumber, julienned 2 ea.
 Red radishes, sliced thin 16 ea.
 Green onions, sliced thin 1 bu.
 Cilantro, chopped 3/4 cup
 Romaine heads, sliced in 1/4" strips 8 ea.

DIRECTIONS

1. For the Dressing: Whisk together the vinegar, sugar, ginger, agave nectar, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the canola oil until the dressing is emulsified.
2. For the Salad: Toss the soba noodles and romaine with the dressing.
3. Lightly coat carrots in olive oil and season with salt and pepper. Roast at 350°F for 10-15 minutes.
4. To assemble the dish, arrange the soba noodles and romaine that have been tossed with the dressing on a platter.
5. Garnish the salad with sliced radishes, roasted carrots, and green onions.

Nutrition Information (per portion/serving)

Calories: 355 / Protein: 14 g / Carbohydrate: 65 g / Fiber: 12 g / Carbohydrate to fiber ratio: 5.5
 /Saturated fat: 0.5 g / Polyunsaturated fat: 1 g / Monounsaturated fat: 0.5 g
 Trans fat: 0 g / Sodium: 500 mg / Potassium: 950 mg / Added sugar: 3 g