



# Edamame Noodle Salad

**YIELD: 8 PORTIONS**

## INGREDIENTS

### Dressing

- Rice vinegar 1/2 cup
- Sugar 1/2 tbsp.
- Ginger, peeled, grated 1/4 cup
- Agave syrup 2 tbsp
- Tamari, gluten free 1/4 cup
- Sesame oil, toasted 1 tbsp. + 1 tsp.
- Sriracha sauce 1 tbsp. + 1 tsp.
- Canola oil 1/2 cup

### Salad

- Edamame noodles, cooked 24 oz.
- Carrot, peeled, julienned 2 ea.
- Red pepper, julienned 2 ea.
- English cucumber, julienned 1 ea.
- Red radishes, sliced thin 8 ea.
- Green onions, sliced thin 1/2 in.
- Cilantro, chopped 1/4 cup
- Romaine heads, sliced in 1/4" strips 4 ea.

## DIRECTIONS

1. For the Dressing: Whisk together the vinegar, honey or maple syrup, ginger, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the olive oil until the dressing is emulsified.
2. Whisk together the vinegar, sugar, ginger, honey, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the canola oil until the dressing is emulsified.
3. For the Salad: Toss the edamame noodles and romaine with the sesame-Gochujang sauce.
4. Lightly coat carrots in olive oil and season with salt and pepper. Roast at 350°F for 10-15 minutes.
5. To assemble the dish, arrange the soba noodles and romaine that have been tossed with the Sesame-Gochujang dressing on a platter.
6. 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