

Cashew Soba Noodle Salad

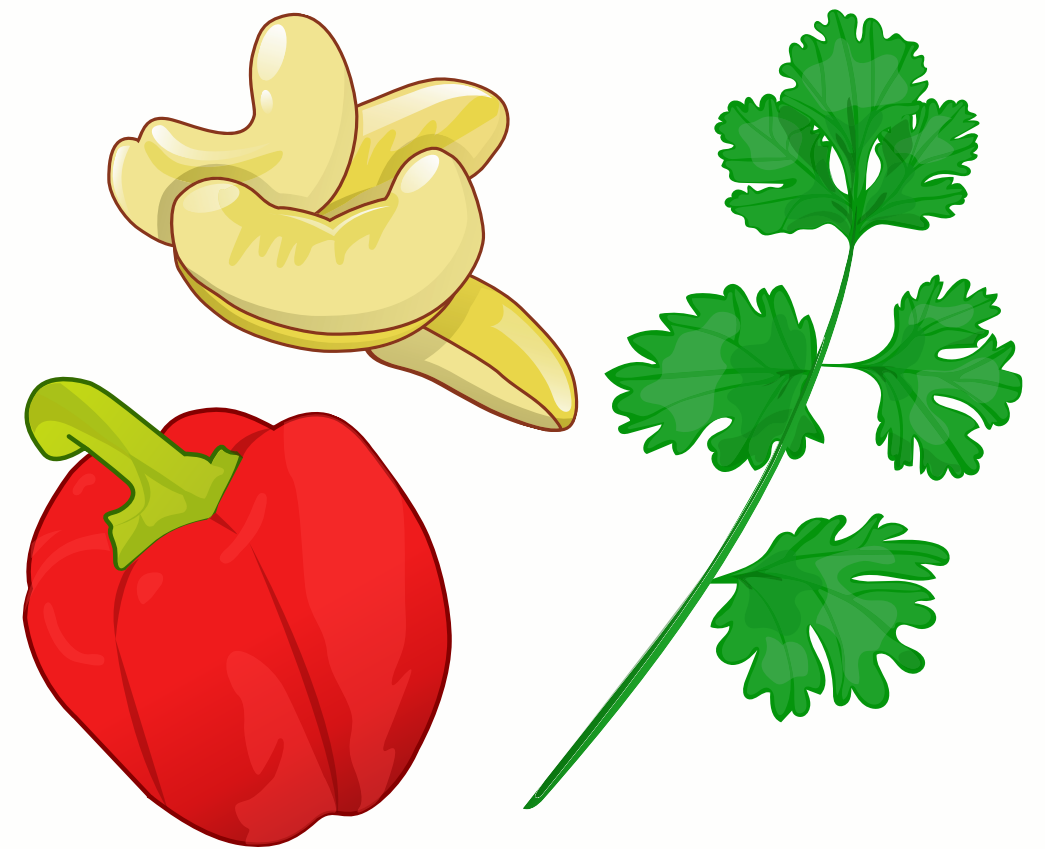
Nutrition for ¼ recipe:

400 calories, 19g fat, 46g carbohydrate, 5g fiber, 14g protein, 318mg sodium

Ingredients

SALAD

- 5 ounces soba noodles (~1/2 of 9.5oz package)
- 1 cup shelled edamame
- 1 cup carrots, thinly sliced or shredded
- 1 red bell pepper, thinly sliced
- 1 cup sugar snap peas, cut in half
- ¼ cup cilantro, chopped
- ¼ cup salted cashews, chopped
- 1 lime, sliced (optional for garnish)



DRESSING

- 1/3 cup creamy cashew butter (or substitute another nut butter)
- 2 Tbsp reduced sodium soy sauce
- 1 Tbsp maple syrup
- ½ lime, juiced (~1 Tbsp)
- 1 tsp toasted sesame oil
- 1 tsp fresh grated ginger
- 1 clove garlic, minced (~1/2 tsp)
- ¼ cup hot water to thin dressing



Instructions

1. Cook the soba noodles according to package instructions. Drain noodles, rinse with cool water, and set aside.
2. To prepare the dressing, whisk all the ingredients (except the water). Once combined, slowly whisk in the hot water to thin the dressing. Taste and adjust seasonings as desired.
3. Add all the salad ingredients to a large bowl. Add all of the dressing. Stir to combine.
4. Serve at room temperature or chilled. Garnish with a few more roasted cashews, additional cilantro, and lime wedges (optional).
5. Store leftovers covered in the refrigerator for 3-4 days.

Recipe inspired by: Shultz, D. (2016). Cashew Soba Noodle Salad. In *Minimalist Baker's Everyday Cooking: 101 Entirely Plant-Based, Mostly Gluten-Free, Easy and Delicious Recipes*. Viking, an imprint of Penguin Random House.



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