

Zucchini Soba Noodle Salad

Side/ Lunch



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: 4

Items Needed: sauce pot, strainer, medium bowl, chef's knife, cutting board, measuring cups, measuring spoons, stirring spoon

Ingredients:

- 1 tablespoons rice wine vinegar
- 2 tablespoons sesame oil
- 1 tablespoon soy sauce
- ½ teaspoon sesame seeds
- 1 teaspoon minced garlic
- 1 cup zucchini noodles- shaved
- 1 cup soba noodles optional
- 1 ½ cup spinach
- ¼ cup green onion
- 1 cup sliced carrots
- 1 cup mushrooms
- ¼ cup peanuts
- 1 cup shredded rotisserie chicken (optional)



Directions:

1. Cook pasta al dente according to directions on package
2. While pasta cooks, mix oil, vinegar, soy sauce and garlic in medium bowl
3. Shave zucchini into noodles, slice mushrooms, green onions and carrots
4. When pasta is done cooking strain pasta from water and run cool water over pasta to cool noodles
5. Toss pasta with vegetables and dressing, coating well
6. Top with peanuts
7. Can be enjoyed immediately or after a few hours of chilling in the refrigerator letting the flavors deepen

Nutrition Information (per 1 serving): (not including chicken)

Calories: 200 Fat: 14 g Carbs: 13 g Protein: 7 g Fiber: 2 g Sodium: 390 mg