



Sesame Noodle Salad

Prep time: 20 min
Cook time: 10 min
Servings: 4

INGREDIENTS

- 8 ounces udon noodles, soba noodles or whole wheat spaghetti
- 2 carrots
- 1 red bell pepper
- 4-6 leaves of bok choy
- 1 small cucumber
- ½ cup fresh cilantro leaves
- 2 tablespoons soy sauce
- 2 tablespoons seasoned rice vinegar
- 2 tablespoons sesame oil
- 1 teaspoon ground ginger
- 2 teaspoons sesame seeds

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Fill a pot halfway with water and bring to a boil. Add the noodles and cook until tender, about 5 minutes (or longer depending on type of noodle). When noodles are done, drain in a colander and rinse with cold water. Put noodles in a large bowl.
2. Chop the carrot, bell pepper, bok choy, and cucumber into small pieces. Tear or chop the cilantro leaves.
3. Add the vegetables and herbs to the bowl with the noodles.
4. Measure the soy sauce, sesame oil, rice vinegar, ginger, and sesame seeds into a small bowl or jar. Mix well.
5. Pour the dressing over the noodles and vegetables, and toss until everything is coated evenly. Enjoy!

Be creative with your veggies! You can substitute or add any vegetables in this recipe based on what you like and have available .