

Vietnamese Noodle Salad



INGREDIENTS

(Makes 4-6 servings)

- 1 12-ounce package rice noodles (vermicelli)
- ½ bunch scallions, sliced
- 2 medium carrots, diced ¼"
- 2 ribs celery, diced ¼"
- ½ bunch fresh parsley, chopped
- 1 cup Vietnamese dressing (see below)

Dressing:

- ¼ cup canola oil
- 3 tablespoons tamari
- 3 tablespoons sesame oil
- 3 tablespoons maple syrup
- 3 tablespoons rice vinegar
- 1½ tablespoons ground ginger
- 1½ tablespoons sesame seeds

PREPARATION

1. Fill a medium-sized stockpot ¾ full of salted water and bring to a boil.
2. Add noodles, turn off the heat and stir well. Let noodles sit in hot water 8-10 minutes.
3. Drain and rinse noodles in cold water. Break or cut them into smaller pieces, if desired.
4. In a large bowl, combine all dressing ingredients and mix well.
5. Combine all ingredients and mix well.
6. Serve chilled or at room temperature.

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SHOPPING LIST

Produce

Carrots

Scallions

Celery

Fresh parsley, chopped

Grocery

12-ounce package rice noodles

Tamari

Canola oil

Sesame oil

Maple syrup

Rice vinegar

Sesame seeds

SERVING SUGGESTION

Eggrolls or baked tofu make perfect accompaniments for this fresh salad.

NUTRITIONAL INFORMATION

Per Serving: 554 calories, 20 g. fat, 0 mg. cholesterol, 65 g. carbohydrate, 7 g. dietary fiber, 8 g. protein, 328 mg. sodium

The nutritional values and information provided are approximations.

This Rush Hour Recipe courtesy of:

Oryana Food Co-op, Traverse City, Mich.

