Soba Noodle Salad Recipe

Yield: 6-8 cups

Ingredients
13 ounces of dried soba noodles
1 cup seasonal vegetables, cut into small pieces*
1 cucumber, sliced thinly
5 green onions, chopped
1 small bunch cilantro, chopped - about 1/2 cup
1 carrot, grated - about 1 cup
1/2 head of small cabbage, shredded - about 2 cups
1 cup of Sesame Lime Dressing

*seasonal vegetable options: 2 zucchinis in summer, 2 red bell peppers in fall

Instructions for Adults
• Bring a large pot of water to a boil, add dried soba and boil according to package directions, or until noodles are soft. Stir occasionally.
• Drain noodles and rinse under cold water. Set aside.

Instructions for Kids
• Slice zucchini, cucumber, green onions, and cilantro. Set aside.
• Using the large holes on your grater, grate 1 cup of carrot and half the head of cabbage. Set aside.
• In a large mixing bowl, put cooked soba noodles, zucchini, cucumber, green onion, carrot, and cabbage together.
• Pour Sesame Lime Dressing over ingredients and toss together until combined. Serve immediately and enjoy!
Sesame Lime Dressing Recipe

Yield: 1 scant cup dressing

Ingredients
1 clove of garlic, finely minced
2 teaspoons sesame oil
1/3 cup rice vinegar
1/3 cup soy sauce
2 Tablespoons honey
Juice and zest from 1 lime

Instructions for Adults
Help kids measure recipe ingredients.

Instructions for Kids
- Use food chopper or knife to mince garlic.
- Measure and pour sesame oil, rice vinegar, soy sauce into a clean jar with a tight fitting lid.
- Add minced garlic, lime juice, and lime zest.
- Seal jar completely with lid, and shake vigorously until ingredients are well combined.