

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 zucchini 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!

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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.

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