

## SOBA NOODLE SALAD WITH MISO NUT BUTTER DRESSING

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I love soba noodles! Made from buckwheat, they provide a slightly earthy and nutty change of pace from the usual. They also cook up super quickly, making them convenient and easy to use.

This **Soba Noodle Salad with Miso Nut Butter Dressing** is filled with nutritious ingredients that simply taste wonderful together. The crunchy veggies, tender soba, umami miso, and nut butter come together into something quite enticing! Change up the veggies according to what is available - add asparagus, sugar snap peas, carrots, or even fresh spinach, if

you like. Serve the salad alongside roasted or grilled fish, shrimp, chicken, or pork. Make it an entree by adding cooked shrimp, tofu, chickpeas, chicken, or pork.

Keep the dressing recipe handy for use with grain bowls, lettuce wraps and green salads. It keeps well in a covered container in the refrigerator for up to one week.

**Make Ahead:** All of the ingredients may be prepped and mixed ahead **through step 3**. Cover and refrigerate until shortly before serving. Store the dressing separately from the salad ingredients, and add it just before serving for the best consistency.

**Makes:** 4 servings as a side dish

### INGREDIENTS

#### Salad

- 1 cup small, bite-sized broccoli florets
- 5 ounces soba noodles
- 1 tablespoon sesame oil
- 3/4 cup of zucchini cut into matchsticks (about 1 1/2" long)
- 3/4 cup of cucumber, peeled and cut into matchsticks (about 1 1/2" long)
- 1/2 cup thinly sliced bell pepper
- 1 large radish, cut thinly into half moons
- 1 green onion, trimmed and sliced diagonally, divided
- 1/4 cup chopped nuts (cashews, pistachios, or almonds)
- Handful of cilantro leaves, washed, patted dry and chopped

#### Dressing

- 2 tablespoons olive oil
- 1 tablespoon + 1 1/2 teaspoons rice vinegar
- 1 tablespoon + 1 1/2 teaspoons white miso paste
- 1 tablespoon sesame oil
- 1 tablespoon nut butter (sunflower, almond, or peanut; no added sugar)
- 1/2 teaspoon finely grated fresh ginger or ginger paste
- 1/2 teaspoon honey
- 1/8 teaspoon garlic powder
- 1/8 teaspoon red pepper flakes (optional)

## DIRECTIONS

### 1. Blanch the broccoli:

- Fill a small saucepan about 2/3 full of water and bring to a rolling boil. Add the broccoli florets and boil for 1 minute. (Reduce the heat slightly if boiling too hard.) Immediately drain and plunge into a bowl of ice water to stop the cooking process. When completely cool, drain well, and allow to dry on a towel.

### 2. Cook the soba noodles:

- Fill a medium-sized saucepan about halfway full of water. Bring the water to a boil and add the soba noodles. Stir gently to evenly distribute and prevent sticking together. Cook according to package directions until just tender, usually about 3 1/2 - 4 minutes. Drain, and rinse with cold water until the noodles are cooled. When thoroughly drained, add 1 tablespoon of sesame oil and toss to coat.

### 3. Prepare the dressing:

- Place all of the dressing ingredients into a small mixing bowl. Whisk them together until completely smooth and incorporated.

### 4. Assemble the salad:

- Place the zucchini, cucumber, bell pepper, radishes, half of the green onions and soba noodles into a large mixing bowl. Pour half of the dressing over the top and gently toss to coat and evenly distribute the ingredients. (Using tongs or salad spoons to mix may be most helpful.) Add the remainder of the dressing and gently mix well. The salad may be served immediately at room temperature, or slightly chilled for up to 1 hour.
- Garnish the salad with the remainder of the green onions, nuts, and cilantro at serving time.

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