



The pursuit of
wellness



Colorful Veggie Sesame Noodles

Ingredients:

- 8 oz soba noodles or spaghetti noodles of choice
- ¼ cup raw sesame seeds
- ½ cup reduced sodium tamari (or soy sauce, just be sure it is reduced sodium, or it will taste too salty)
- ¼ cup toasted sesame oil
- 2 tbsp lime juice (about 1 medium lime)
- 1 tsp grated fresh ginger
- 2 cloves garlic, pressed or minced
- ½ tsp red pepper flakes, to taste (scale back or omit if sensitive to spice)
- 2 ½ cups thinly sliced red cabbage (about 10 oz or ¼th medium cabbage)
- 3 whole carrots, peeled and then sliced into ribbons with vegetable peeler (about 1 ½ cups)
- 1 red bell pepper, sliced into very thin strips
- 1 bunch green onions, chopped
- ½ cup chopped cilantro
- Optional: 2 cups shelled edamame, steamed



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Directions

1. Cook the soba noodles according to the package directions. Once they are done cooking, drain them in a colander and rinse them well under cool water. Transfer the drained noodles to a large serving bowl and set aside.
2. Meanwhile, toast the sesame seeds in a small skillet over medium heat, stirring often (keep an eye on them, as they can burn quickly). Once they are fragrant and turning golden, transfer them to a small bowl so they do not burn. Set aside.
3. In another bowl, combine the tamari, sesame oil, lime juice, ginger, garlic, and red pepper flakes. Whisk until blended. Set aside.
4. To assemble, add the cabbage, carrots, bell pepper, green onions, cilantro, and optional edamame to your bowl with the noodles. Drizzle in the dressing. Add all the sesame seeds and use tongs to toss until the mixture is fully combined. Serve immediately or refrigerate for later. This salad is best consumed within a couple of days, but it will keep for up to 5 days.

Source: <https://cookieandkate.com/veggie-sesame-noodles-recipe/>