

Soba Noodle and Snap Pea Salad

Makes 10 Servings

Ingredients

Salad:

8 oz [soba noodles](#)
2 cups [sugar snap peas](#) cut in half
1/2 cup [shredded carrots](#)
1/2 cup [shredded cabbage](#)
1 small [bell pepper](#) diced
2 tsp [shallots](#) minced

Dressing

2 Tbsp olive oil
2 Tbsp low sodium soy sauce
1 Tbsp rice vinegar (you can substitute white vinegar)
1 tsp sesame oil



Directions:

1. Bring 4 cups of water to a boil. Add the soba noodles and cook for 4 minutes. In the last 30 seconds of cooking, add the snap peas. Drain and then rinse the noodle and pea mixture in cool water.
2. Place the noodles and peas in a large bowl and add the carrots, cabbage, pepper and shallots.
3. Whisk together all the ingredients for the dressing and pour over salad. Refrigerate for at least 1 hour.

Family Conversation Starter:

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