



Buckwheat Noodle Salad

Recipe Source: Bobby Flay, The Food Network

Servings: 4

Ingredients:

- 6 Tbsp rice vinegar
- 2 Tbsp peeled and finely grated fresh gingerroot
- 1 Tbsp honey
- 2 Tbsp tamari
- 2 tsp toasted sesame oil
- 2 tsp chili sauce (such as Sriracha)
- ¼ cup canola oil
- 12 oz buckwheat (Soba) noodles, cooked according to package directions, rinsed under cold water and drained
- 1 carrot, grated
- 1 red bell pepper, seeded and julienned
- ¼ cucumber, seeded and diced
- 3 green onions, thinly sliced
- ¼ cup chopped fresh cilantro leaves

Steps:

- Whisk together the vinegar, ginger, honey, tamari, sesame oil, and chili sauce in a large bowl until combined. Slowly whisk in the canola oil until the dressing is emulsified.
- Add the cooked noodles, carrot, pepper, cucumber, green onions, and cilantro. Gently mix to combine and serve.

Tips from the Test Kitchen: Using only 2 tablespoons of oil instead of ¼ cup was plenty. You can find buckwheat noodles at an Asian market or some grocery stores. In a pinch, substitute with whole wheat spaghetti noodles. Tamari is a Japanese type of soy sauce but contains little to no wheat, and is less salty. If you don't have tamari you can use low-sodium soy sauce.

Nutritional Facts (Per Serving): Calories: 489, Carbohydrates: 77 grams, Protein: 14 grams, Total Fat: 17 grams, Saturated Fat: 2 grams, Cholesterol: 0 mg, Sodium: 1530 mg, Fiber: 1 gram, Total Sugars: 11 grams.