

Pacific Rim Noodle Salad

Makes a stunning salad for potlucks.



Ingredients:

2 cups fresh shiitake mushrooms (3 ½ ounce), stalks removed and discarded, caps cut julienne
1 red bell pepper, cut julienne
1 cup scallions, thinly sliced
4 cups Napa cabbage, shredded
2 cups fresh pea pods, blanched
1 pound extra thin whole wheat spaghetti noodles

Dressing:

¼ cup rice wine vinegar
2 tablespoons hoisin sauce (found in oriental section of supermarket)
1 tablespoon dark roasted sesame oil (found in oriental section of supermarket)
¼ cup low-sodium soy sauce
1 teaspoon fresh ginger root, grated *
Dash hot chili oil
1 teaspoon honey

Optional garnish:

1 ½ ounces cashews, lightly toasted and coarsely chopped ¼ cup fresh cilantro, coarsely chopped

Method:

1. Put a large pot of lightly salted water on to boil for the pasta.
2. Cut up the mushrooms, bell peppers, scallions and cabbage. Combine in a large salad bowl. Set aside.
3. Combine the dressing ingredients in a screw-top jar. Shake well.
4. Blanch the pea pods in the boiling pasta water before cooking the pasta. Plunge them into the boiling water, remove them as soon as they turn bright green and rinse under cold running water to set the color. Add them to the veggies.
5. Cook pasta according to package directions. Drain, rinse under cold running water and toss with half of the dressing.
6. When ready to serve, combine the pasta with the reserved veggies and the remaining dressing. Toss well.
7. Garnish with lightly toasted cashews and cilantro.

Notes:

* Fresh ginger will store for months in the freezer in a resealable plastic bag. Grate while still frozen. Return unused portion to the freezer.

Variation:

- Your favorite noodle may be substituted for the whole wheat spaghetti.
- Add finely diced firm tofu to increase the protein if desired.

Nutrient calculations (2 cups per serving): Calories 252, Total Fat 3 g. (Sat. 0.5 g), Cholesterol 0 mg., Carbohydrate 51 g., Dietary Fiber 4 g., Protein 10 g., Sodium 281 mg., Calcium 63 mg., Iron 3.3 mg. **Exchanges:** 2 ½ starch, 2 vegetable, ½ fat



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