

# **Asian Buckwheat Noodle Salad**

The rainbow of colours in this salad is both attractive and indicative of a diverse array of nutrients. Inordinately high in **antioxidant vitamins A and C**, it's also high in **calcium** and **iron**. One thing to note: although buckwheat itself is gluten-free, most buckwheat noodles sold in North America contain wheat — so they're not a gluten-free choice. Make sure to read the label carefully if you have a sensitivity.

## Prep: 10 minutes • Total: 15 minutes

# Ingredients:

### Salad

Buckwheat noodles	2 bundles	2 bundles
Baby bok choy, finely sliced	3 each	3 each
Snow peas	¼ cup	60 mL
Sugar snap peas	¼ cup	60 mL
Carrots, grated	¼ cup	60 mL
Red peppers, julienned	¼ cup	60 mL
Radishes, finely sliced	⅓ cup	30 mL
Sesame seeds	⅓ cup	30 mL
Dressing		

## Dressing

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Rice vinegar	³⁄₃ cup	90 mL
Maple syrup or honey	1 Tbsp	15 mL
Soy sauce	⅓ cup	30 mL
Lime juice	¼ cup	60 mL
Sesame oil	⅓ cup	30 mL
Canola oil	¼ cup	60 mL

### **Directions:**

- 1. Cook noodles until al dente, about 7 minutes. Drain, and rinse with cold water. Transfer to large bowl.
- 2. Cut all vegetables as specified, and add to noodles. Toss to combine.
- 3. In a small bowl, whisk dressing ingredients together. Pour over noodle mixture, and toss until evenly distributed.
- 4. Garnish with sesame seeds.
- 5. Serve!

# **Nutrition Facts**

Serving Size (304g) Servings Per Container

Amount	Per	Serving
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	% Daily Value
Total Fat 33g	<b>51</b> %
Saturated Fat 3.5g	18%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 630mg	26%
Total Carbohydrate 38g	13%
Dietary Fiber 4g	16%
Sugars 8g	

### Protein 7g

Vitamin A 90% •	Vitamin C 80%
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Calcium 15% • Iron 20%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydra	ate	300g	375g
Dietary Fiber		25g	30g
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Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Adapted from: The London Training Centre

## Makes 3 servings (304g / serving) • 1 serving = 1 cup

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