

Buckwheat Asian Noodles with Toasted Sesame Dressing and Edamame

Adapted from the Asian Noodle Salad with Toasted Sesame Dressing from Feeding the Whole Family (third edition) by Cynthia Lair (Sasquatch Books, 2008).

Enjoy this flavorful and Asian inspired meal with whole grains and soybeans to make a complete vegetarian protein.

Preparation time: 25-30 minutes

Makes 4-6 servings

Salad:

- 1 8-ounce package soba noodles
- 1 ½ cups shelled, frozen edamame
- ¼ cup chopped flat leaf parsley
- ¼ cup toasted sesame seeds

Dressing:

- 2 tablespoons toasted sesame oil
- 3 tablespoons tamari or shoyu
- 3 tablespoons balsamic vinegar
- 1 tablespoon maple syrup
- 1 tablespoon hot pepper oil

Optional Additions:

- 2 scallions, finely chopping
- ¼ head red cabbage, thinly sliced
- ½ red sweet pepper, thinly sliced

1. Cook soba noodles according to package directions. Drain and rinse in colander then set aside.
2. Cook edamame according to package directions. Drain, rinse with cold water and set aside.
3. To toast sesame seeds, place in a dry skillet over medium heat. Keep seeds moving until they give off aroma, pop and begin to change color. Remove from pan and set aside.
4. Combine dressing ingredients (toasted sesame oil, tamari, vinegar, maple syrup, and hot pepper oil) in small bowl; whisk together.
5. Place drained noodles in a large bowl. Add dressing, cilantro and sesame seeds; toss gently.
6. Add optional ingredients into the salad bowl and toss again.