

Cold Soba Noodle Salad

By Nina Lynn



Ingredients: 1 lb. soba noodles
1/4 cup rice vinegar
3 tbs. low sodium soy sauce
2 tbs. Asian sesame oil
1 tbs. powdered wasabi
1/2 cup organic green onions, minced
1/4 cup dried bonito flakes

Directions: In a large pan, over high heat, bring 3 quarts of water to a boil. Add noodles and cook until tender, about 3-5 minutes. Drain noodles and run under cold water until cool.

In a large bowl, mix together the vinegar, soy sauce, sesame oil and wasabi. Pour about half of the dressing into a small bowl and reserve. Add the noodles to the large bowl and mix to coat. Cover and chill until cold, 1 to 4 hours. Just before serving, add reserved dressing and mix to coat. Sprinkle salad with green onions and bonito flakes and serve. This is a great side dish with scallops or your favorite fresh wild caught fish.

Soba noodles are made from buckwheat and provide the body with the vitamins B1 and B2 and nearly twice the proteins found in rice. Rutin, a bioflavonoid, is not found in other grains or beans, but is found in great quantity in buckwheat. Rutin helps strengthen capillaries and therefore helps people suffering from hardening of the arteries and high blood pressure. Rutin is also an antioxidant. The bonito flakes are optional in this recipe, but if you can find them, they add flavor of the sea. Other dried sea vegetables like dulse make a tasty and healthy substitute.