

Asian Noodle Salad

This is a great dinner-to lunch meal. If I have leftovers I am set for lunch the next day. You can make this with shrimp or chicken as well.

Serves 4

One 14-ounce package rice noodles or buckwheat soba noodles

½ medium red onion, cut into thin half-moon-slices

1 medium red bell pepper, cut into long, thin strips

1 medium carrot, cut into small pieces or strips

2 tablespoons rice wine vinegar

1 handful cilantro, minced

1 tablespoon black or white sesame seeds

1 lime, cut into wedges

Salt and freshly ground black pepper to taste

Bring a pot of water to boil, then remove it from the heat. Place the rice noodles in it until softened (about 7 minutes), then drain.

In a large bowl, toss the noodles with vegetables, vinegar, and half the cilantro. If noodles are dry, add a drop more vinegar.

Place the noodles in a serving bowl or on a platter and top with the remaining cilantro, sesame seeds, and lime wedges, and season with salt and pepper.

Group 2: Add 1 tablespoon of toasted sesame seed oil

Group 3: Add 3 ounces grilled shrimp per person

Group 4: Add grilled, skinless chicken breast