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