Asian-Style Noodle Salad

Yield: 4 servings  
Total Time: 20 minutes

Ingredients
- 8 ounces whole wheat thin spaghetti, soba noodles or rice noodles
- 8 ounces frozen edamame
- 2 medium carrots
- 1 red pepper
- 3 cloves garlic
- ¼ cup canola or olive oil
- 3 Tablespoons low-sodium soy sauce
- 2 Tablespoons rice vinegar
- 1 teaspoon sesame oil

Preparation Instructions
1. Bring a large pot of water to boil. Add spaghetti and edamame and cook for 6-7 minutes or until pasta is “al dente”. Drain and set aside.
2. While spaghetti and edamame are cooking, slice the carrots and pepper into strips and chop garlic.
3. Add garlic, canola oil, soy sauce, rice vinegar and sesame oil to a small bowl and whisk to combine.
4. In a large bowl combine all ingredients and dressing together and toss well to combine.

Nutrition Analysis
Per serving: 430 calories; 19g fat (1.5g saturated, 0g trans); 0mg cholesterol; 460mg sodium; 54g carbohydrate (11g dietary fiber; 6g sugar); 16g protein.  
Vitamin A 120%, Vitamin C 80%, Calcium 8%, Iron 20% Daily Value.

Cost
Per serving: $1.59

Inspired from www.epicurious.com