

SOBA NOODLE SALAD, GREENS, SESAME SOY TOFU, CARROT GINGER MISO DRESSING FIT

Serving size: 1 salad

Soba Noodle Salad

- 1/2 cup Soba Noodles, cooked
- 1 each Baby Bok Choy, steamed
- 1 fl oz Carrot Ginger Miso Dressing
- 3 oz Sesame Soy Tofu
- 2 cups Napa Cabbage, shredded
- 1/4 cup Carrots, shredded
- 1/4 cup Cucumbers, diced
- 1/4 cup Daikon Radish, shredded
- 1/2 cup Snow Peas, halved
- 1 tsp Sesame Seeds
- 1 TBSP Cilantro, chopped
- 2 TBSP Wasabi Peas

Makes 1 servings

Carrot Ginger Miso Dressing (yields 2 cups)

- 1/3 cup Carrots, sliced
- 1 1/2 TBSP Rice Wine Vinegar
- 3/4 tsp White Miso Paste
- 1 tsp Fresh Ginger, grated
- 2 tsp Yellow Onion, chopped
- 1/8 tsp Salt
- 3 TBSP Canola Oil

Sesame Soy Tofu (yields 5 oz)

- 1 tsp Ketchup
- 1/8 tsp Tabasco Sauce
- 1 TBSP Low Sodium Soy Sauce
- 1/2 tsp Garlic Cloves, minced
- 2 tsp Maple Syrup
- 1 tsp White Vinegar
- 1/2 tsp Black Pepper, ground
- 6 oz Extra Firm Tofu
- 1/2 tsp Sesame Seeds

FUNCTIONAL FOODS



Preparation:

1. Prepare soba noodles according to package instructions. Set aside.
2. Quarter bok choy, keeping base intact. Steam in basket over simmering water, covered, 2 min or until tender.
3. Prepare Carrot Ginger Miso Dressing:
 - o Combine carrots, vinegar, miso, ginger, onion, and salt in a blender. Puree until smooth. Continue to blend while streaming in canola oil until dressing is emulsified. Strain dressing through a strainer to ensure dressing is smooth, removing any large lumps. Store in refrigerator.
4. Prepare Sesame Soy Tofu:
 - o Whisk together marinade ingredients until combined. Set aside.
 - o Drain tofu; press between paper towels to remove excess moisture. Cut tofu into 1" cubes. Add to marinade and let sit for 1 hour. Drain tofu from marinade (should be about 40% of the marinade left over).
 - o Sprinkle baking sheet with sesame oil. Spread marinated tofu onto pan. Do not overcrowd tofu, should have space on all sides. Bake in oven until golden brown, about 25-30 mins.
5. Toss together salad with listed ingredients above and serve.

NUTRITION FACTS PER SERVING

calories	360
total fat (g)	20
saturated fat (g)	2
sodium (mg)	420
total carbohydrate (g)	40
dietary fiber (g)	8
added sugar (g)	9
protein (g)	17



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