

SOBA NOODLE, KIMCHI, CUCUMBER SALAD FIT

Serving size: ½ cup

Makes 6 servings

- 8 oz Soba Noodles, dry
- ¼ tsp Salt
- 1 TBSP Lime Juice
- 2 tsp Orange Juice
- 1 ¼ tsp Sesame Oil
- 1 ¼ tsp Canola Oil
- 1 TBSP Sesame Seeds, toasted
- ½ cup Kimchi
- 2/3 cup English Cucumbers, diced

Preparation:

1. Prepare soba noodles according to package instructions. Chill.
2. To prepare dressing, in a bowl, whisk together salt, lime juice, orange juice, sesame oil, canola oil and sesame seeds.
3. Roughly chop kimchi.
4. Toss noodles with dressing, kimchi and cucumber until evenly mixed.

Registered Dietitian Approved!



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NUTRITION FACTS PER SERVING

calories	80
total fat (g)	4
saturated fat (g)	1
trans fat (g)	0
sodium (mg)	200
total carbohydrate (g)	9
dietary fiber (g)	1
sugar (g)	1
protein (g)	3