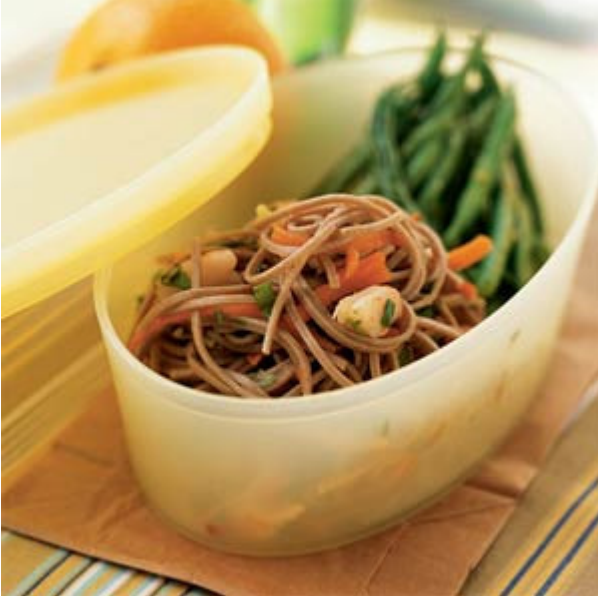


Soba Noodles with Shrimp



Ingredients

2 ounces uncooked soba (buckwheat) noodles
4 cups water
1/2 cup shredded carrot
1 tablespoon rice vinegar
1 teaspoon dark sesame oil
1 teaspoon low-sodium soy sauce
1/4 teaspoon chili garlic sauce (such as Lee Kum Kee)
1/8 teaspoon sugar
1/2 cup chopped cooked shrimp (about 3 ounces)
1/4 cup thinly sliced green onions
1 tablespoon chopped fresh cilantro

Preparation

Break noodles in half. Bring 4 cups water to a boil in a medium saucepan. Add noodles; cook 4 minutes. Add carrot to noodles in pan; cook 2 minutes or until noodles are done. Drain.

Combine vinegar, oil, soy sauce, garlic sauce, and sugar in a medium bowl, stirring with a whisk. Add noodle mixture, shrimp, onions, and cilantro; toss to coat. Cover and chill.

Yield

1 serving (serving size: 2 cups)

Nutritional Information

CALORIES 357(15% from fat); FAT 6g (sat 1g,mono 2.1g,poly 2.4g); IRON 4.7mg;
CHOLESTEROL 166mg; CALCIUM 72mg; CARBOHYDRATE 51.7g; SODIUM
898mg; PROTEIN 26.9g; FIBER 3g