

So Easy Soba Noodle Salad with Edamame

+ PROTEIN

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Ingredients

Salad

6 oz/170 g of soba noodles
1 red pepper, thinly sliced
0.5 cup sugar snap peas, sliced diagonally into 1" pieces
1 cup of edamame, shelled
1 avocado, cut into cubes
1/2 cup shredded carrot
1 lime, juiced and zested
1-2 Tbsp fresh mint, roughly chopped
1 tablespoon sesame seeds

Tamari Lime Dressing

1 lime, juiced
2 Tbsp of olive oil
1.5 Tbsp tamari sauce
1 Tbsp of honey

Directions

Bring a medium pot of water to a boil. Add the soba noodles and cook until just tender, approximately 4 to 5 minutes. Drain, rinse with cold water and set aside.

Make the dressing by combining all ingredients and whisking well to combine. In a large bowl, combine the soba noodles, sliced pepper, snap peas, edamame, avocado, carrots, sesame seeds, lime zest and juice, and mint. Toss to combine. Cover and refrigerate for up to 3 days.

Notes

This tastes best when chilled for 30 mins before serving.