



Rice Noodle Salad

Add your favorite vegetables or even fruits such as pineapple to change it up!

<u>U.S.</u>		<u>Metric</u>
1 Tbsp	Sesame Oil	15 mL
3 Tbsp	Rice Wine Vinegar	45 mL
1 1/2 Tbsp	Soy Sauce or Tamari, low-sodium	25 mL
2.5 Tbsp	Honey	35 g
1 Tbsp	Sambal	15 mL
3 cups	Carrot, shredded	330 g
1 1/2 cups	Cabbage, Green, shredded	105 g
1 cup	Red Bell Pepper, julienned	92 g
3 each	Kale Leaves, stems removed, thinly sliced	3 each
8 oz	Vermicelli Rice Noodles	225 g
1/4 cup	Sesame Seeds, toasted	36 g
1/4 cup	Green Onion, Thinly Sliced	36 g

Preparation:

1. Gather all ingredients and equipment.
2. Set a pot of water on the stove to boil.
3. In a large bowl, whisk together sesame oil, vinegar, soy sauce, honey, and Sambal. Add carrots, green cabbage, red bell pepper and kale, and toss well. Set aside.
4. Cook rice noodles according to package directions. Run cold running water over noodles and drain well. Add to salad and toss again.
5. Sprinkle with sesame seeds and serve.

Nutrition Facts

Serving size	1 cup
Servings	6
Calories	250
Calories from Fat	50
Total Fat	5 g
Saturated Fat	1 g
Trans Fat	0 g
Monounsaturated Fat	2 g
Cholesterol	0 mg
Sodium	530 mg
Carbohydrates	45 g
Dietary Fiber	4 g
Sugars	7 g
Protein	5 g
Vitamin A	230 %
Calcium	10 %
Vitamin C	70 %
Iron	8 %
Phosphorus	73 mg
