

WEEK 2: 40 Days to Wellness Cooking Class Recipe

COLD ASIAN SALAD



For the Noodle Salad

- 8 ounces spaghetti noodles
- 1 cup thinly sliced red or yellow bell pepper
- ½ cup sliced green onions
- 1 cup chopped cilantro and or parsley (total)
- 2 cups shredded carrots
- 2 cups shredded cabbage (or slaw mix if desired)
- 1 cucumber/zucchini *spiralized or sliced in very thin strips (julienned)*

For the Sesame Dressing

- ¼ cup reduced sodium soy sauce or Tamari
- 2 tablespoons orange juice
- ¼ cup rice vinegar
- 1 tbsp grated ginger root
- **2 tsp chili paste (optional)
- 1 tbsp toasted sesame oil (optional)

Directions:

- 1) Make noodles according to the package.
- 2) Cut up veggies and toss with noodles
- 3) Mix sauce ingredients and pour over noodle mixture. Toss to coat
- 4) Serve cold or room temperature, sprinkled with sesame seeds and additional cilantro or parsley.

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