

Soba Noodle Salad

2 servings

Prep: 20 minutes; cook 5 minutes

Ingredients

Soba noodles 6 oz.

2 blocks silken tofu (cubed)

2 cucumbers

2 tomatoes chopped

4 green onions chopped

4 teaspoons Tamari sauce (reduced sodium) can use reduced salt soy sauce

1 Tablespoon ginger peeled and grated

2 Tablespoons sesame seeds (toasted)

Directions:

1. Thinly slice the cucumber, chop tomatoes and onions. Set aside.
2. Cook soba noodles according to package instructions. Drain and rinse with cold water to prevent further cooking.
3. In a small bowl, mix together chopped green onions, tamari sauce, grated ginger. Set aside.
4. Place soba noodles in a serving bowl. Add cucumber slices, tomato and tofu, then pour green onion sauce over the top. Add sesame seeds and gently mix to combine.