



Vegetable and Noodle Salad



Ingredients for Dressing:

- 6 Tbsp. seasoned rice vinegar
- 1 1/2 Tbsp. olive oil
- 1 1/2 Tsp. Chopped fresh ginger
- 1 Tsp. Minced jalapeno chile
- 1 Garlic clove, chopped
- 1/2 Tsp. salt. **For noodles:**
- 4 oz. Bean thread noodles
- 1 English cucumber, halved lengthwise and thinly sliced
- 1 Cup green onions thinly sliced
- 1 Firm-ripe mango, cubed or oranges sliced
- 2 Carrots, shredded
- 1 Cup fresh cilantro sprigs
- 1/4 Cup crushed peanuts.

Preparation: Blend all dressing ingredients in a blender until smooth. Cook noodles in a 4 quart pot of boiling water, until tender. About 2 minutes. Drain noodles in colander, under cold water. Blot noodles with paper towel. Toss noodles with dressing. Add cucumber, green onion, mango, and carrots, gently mixed and serve.

Nutritional information for 1 serving:
Calories 180, Fat 6 gm, Saturated fat 1 gm, Cholesterol 0mg, Sodium 410 mg.

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Source: www.epicurious.com

Rev. 01/2010



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