



**BeFit**

Be Fit. Eat Healthy. It's your choice.

## **Be Fit Basics: Shrimp Soba Noodle Salad**

Adapted from [Cookinglight.com](http://Cookinglight.com)

- 1 (8 oz.) package of soba (buckwheat) noodles
- 1/4 cup frozen shelled edamame (soybeans)
- 2 large carrots, peeled and cut into bite-sized strips
- 2 scallions, sliced
- 2 tbsp chopped fresh cilantro
- 1/2 a jalapeño, seeds removed and finely diced
- 2 1/2 tbsp olive oil, divided
- 1 pound raw shrimp, peeled and deveined
- 2 tbsp orange juice
- juice of 1 lime
- 1 tbsp reduced-sodium soy sauce
- 1 tbsp dark sesame oil

### **Instructions:**

In a medium saucepan, boil the noodles (in water) for 7 minutes and then add the frozen soybeans; cook about 1 or 2 minutes more, or until the soybeans are heated through and the noodles are done. Use a colander to strain out the water; place noodles and beans in a large bowl and add carrots, scallions, cilantro, and jalapeño.

Heat a large skillet over medium high heat; add 1 1/2 tbsp of olive oil to the skillet and cook the shrimp 1 to 3 minutes or until they turn pink (turn the shrimp halfway through, so they cook evenly). Place cooked shrimp in the bowl with the noodles.

In a small bowl, combine orange juice, lime juice, soy sauce, sesame oil, and remaining 1 tbsp olive oil. Drizzle over noodle mixture and toss well to combine.

### **Notes:**

-Use less jalapeño if you prefer milder flavors. (Leave in the seeds if you like spicy foods.)

**Yield:** 4 servings



### **NUTRITION INFORMATION PER SERVING:**

CALORIES: 500 calories

PROTEIN: 32 g

SODIUM: 460 mg

CARBOHYDRATE: 56 g

FIBER: 7 g

FAT: 16 g

SAT FAT: 2 g