

## SHRIMP SOBA NOODLE SALAD

*Adapted from Cooking Light*

### Ingredients

- 1 (8-ounce) package of soba (buckwheat) noodles
- 1¼ cups frozen shelled edamame
- 2 carrots, peeled and cut into bite-sized strips
- 2 scallions, sliced
- 2 tablespoons chopped fresh cilantro
- ½ jalapeño, deseeded and finely diced
- 2½ tablespoons olive oil, divided
- 1-pound raw shrimp, peeled and deveined
- 2 tablespoons orange juice
- Juice of a lime
- 1 tablespoon reduced-sodium soy sauce
- 1 tablespoon dark sesame oil

### Instructions

In a medium saucepan, boil the noodles in water for 5 minutes and then add the frozen soybeans. Cook 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 1½ 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 tablespoon of olive oil. Drizzle over noodle mixture and toss well to combine.

**Yield:** 4 servings



### **NUTRITION FACTS PER SERVING**

CALORIES: 500

PROTEIN: 32 grams

SODIUM: 460 milligrams

CARBOHYDRATE: 56 grams

FIBER: 7 grams

FAT: 16 grams

SATURATED FAT: 2 grams