



Sesame Noodle Salad

Prep time: 10 minutes

Cook time: 25 minutes

Yield: Serves 4 to 6

INGREDIENTS

Honey Soy Dressing:

1/4 cup olive oil or vegetable oil

3 Tbsp. dark sesame oil

1/2 teaspoon crushed dried red pepper or chili powder (optional)

3 Tbsp. honey

2 Tbsp. soy sauce (less if using tamari which is more concentrated than soy sauce)

Salad:

12 ounces of vermicelli, thin spaghetti, or angel hair pasta

Salt

2/3 cup coarsely chopped cilantro

1/3 cup chopped roasted salted peanuts

1/3 cup thinly sliced green onions

1/2 cup diced red bell pepper

1 Tbsp. toasted sesame seeds

METHOD

1 Prepare the dressing: Put the dressing ingredients into a small saucepan and bring to a boil. Remove from heat.

2 Cook the pasta: Put the pasta in a large pot in salted boiling water (1 Tbsp. salt for every 2 quarts of water). Cook al dente, according to the directions on the pasta package. Drain.

3 Toss with dressing, chill: Stir together the cooked pasta and the dressing in a large bowl until the pasta is well coated. Cover and chill for several hours.

4 Stir in cilantro, peanuts, green onions, bell pepper: When ready to serve, mix in the cilantro, peanuts (check and make sure no one has a peanut allergy), green onions and bell pepper. Garnish with toasted sesame seeds.