



## Summer Salads

### Cold Soba Noodle Salad

Serves: 4

Time: 15 minutes

#### ingredients

- 8 ounces buckwheat soba
- 2 teaspoons soy sauce
- 2 teaspoons light agave nectar
- 2 teaspoons mirin
- 1 tablespoon rice wine vinegar
- 1 tablespoon toasted sesame oil
- 1/4 cup neutral oil (grapeseed)
- 1 tablespoon black sesame seeds or Eden Shake (a prepared mixture of sesame seeds and seaweed)
- 1/4 cup chopped fresh cilantro
- 4 scallions, thinly sliced

#### preparation

Cook the soba in boiling water, according to the package directions (about 6 minutes). Immediately rinse the soba under cold water. Meanwhile, whisk together the soy sauce, agave, mirin, vinegar and oils in a large bowl. Toss the cold soba with the dressing and mix in the sesame seeds, cilantro and scallions.