

## Soba Noodle salad



### Ingredients

#### Carrot salad:

2 carrots, shaved with a peeler or 2 c matchstick carrots  
3 Tbsp Japanese rice wine vinegar  
1Tbsp toasted sesame oil  
1&1/2 tsp raw honey  
2 tsp toasted sesame seeds  
Pinch sea salt

#### Zucchini:

2 small organic zucchini, shaved into thin strips with vegetable peeler  
1 Tbsp toasted sesame oil  
Pinch sea salt  
2 shakes Togarashi Japanese 7 spice mix

1/2 c chopped fresh tomatoes  
2 c chopped mixed lettuces  
1&1/2 packages Japanese soba noodles (100% buckwheat), cooked according to package directions, then cooled

#### Dressing:

3 Tbsp Japanese rice wine vinegar  
2 Tbsp coconut aminos or soy sauce  
1/4 c toasted sesame oil  
1/4 c avocado oil  
2 Tbsp raw honey  
1Tbsp Dijon mustard  
1/4 tsp sea salt



1/4 tsp grated fresh ginger (or several shakes dried ginger)  
1 & 1/2Tbsp toasted sesame seeds  
2 Tbsp Water, or to taste

Optional toppings: Chopped cooked organic and pastured chicken, diced organic deli ham and/or turkey, chopped scallions, additional Japanese 7 Spice, Sriracha or pickled red onions.

Directions:

Plate cold noodles and arrange around them the carrots, zucchini, tomatoes and lettuce. If it's too much or you're short on time, just use the raw carrot and zucchini shavings as salad components. This cuts out a few steps and it will still be delicious. Add dressing and any additional toppings and enjoy!

Especially when we are faced with a monster health challenge, allow food to be your preventive medicine. Grab your hashi (chopsticks) and slurp up these powerful raw nutrients- beta carotene, lycopene, vitamins B, C , K and the immune-critical minerals potassium, magnesium and manganese!