

Snappy Spring Vegetable Noodle Salad

Makes 4 to 6 servings

This creamy Indian-inspired curry is a delicious way to serve bok choy and mushrooms. Your child can help by garnishing the dish with cilantro.

Ingredients

For the dressing

- ¼ cup tahini or peanut butter
- 2 tablespoons olive oil
- 2 tablespoons rice vinegar or lime juice
- 2 tablespoons low sodium soy sauce or tamari
- ½ inch piece fresh ginger, peeled and finely chopped or grated
- 1 garlic clove, peeled and finely chopped or grated
- ¼ teaspoon black pepper

For the noodle salad

- 1 16-ounce block soft tofu, drained and cut into 1-inch pieces
- 8 ounces soba, brown rice noodles, or whole wheat spaghetti
- 1 bunch (about 1 pound) asparagus, tough ends trimmed off and chopped into 1 inch pieces
- 10-12 radishes, thinly sliced
- 2 scallions or green onions, thinly sliced
- 1 handful cilantro, torn or chopped

Directions

1. *Make the dressing:* Add all the dressing ingredients along with 2 tablespoons of water to a small bowl. Whisk well and set aside.
2. In a medium bowl or plate, gently coat the tofu with half of the dressing and set aside to marinate.
3. Bring a pot of water to a boil. Add ½ teaspoon salt and cook the noodles according to the package's directions.
4. Two minutes before the noodles are done, add the asparagus to the pot. When the noodles are done, drain and rinse them and the asparagus under cold water. Transfer the noodles and asparagus to a large bowl.
5. Add the radishes, scallions cilantro, and remaining dressing to the bowl with the cooked and cooled noodles and asparagus and mix to combine. Add the marinated tofu and gently mix to combine. Serve at room temperature or cold.



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