

## COLD SOBA NOODLE SALAD

*backyard farmgals*

8 oz soba noodles, cooked, drained, rinsed with cold water and drained again

1/2 red bell pepper, thinly sliced

1/2 yellow bell pepper, thinly sliced

1/2 english cucumber, quartered and thinly sliced

1/2 bunch of green onions, green parts thinly sliced

handful of cherry tomatoes, quartered

3 carrots, julienned

1/4 cup raw sunflower seeds

2 tablespoons ground flax seeds

sesame seeds

1/4 cup Bragg's Amino Acids or soy sauce

1-3 tablespoons agave nectar (I used about 1.5, start small and work up depending on your taste)

1/4 cup sesame oil

2 tablespoons tahini

1-inch piece of ginger, peeled and grated

dash of cayenne pepper, optional

In a small bowl, whisk the Bragg's and agave. While you whisk, slowly drizzle the sesame oil into the mixture. Add the tahini, ginger, and cayenne and whisk together until combined. Set aside.

In a large bowl, add vegetables and soba noodles. Toss to combine. Add the sunflower and flax seeds. Drizzle the dressing over the salad. Toss to combine, add sesame seeds to garnish. Chill and... MUNCH!