

ENTREES

Soba Noodle Mediterranean Salad



Recipe makes 6 servings.

PLATE SECTIONS FULFILLED:



Protein



Fats



Carbohydrates



Vegetables



Extras

SALAD INGREDIENTS

- 12 oz. Soba noodles
- 1 English cucumber, sliced and halved
- 1 pint grape tomatoes, halved
- ½ small red onion, thinly sliced
- ¼ cup halved green olives
- 2 tablespoons shredded parmesan cheese

LEMON OREGANO DRESSING

- 3 tablespoons extra virgin olive oil
- 2 tablespoons sherry vinegar
- 2 tablespoons lemon juice
- 2 teaspoons dijon mustard
- 2 teaspoon dried oregano
- ¼ teaspoon kosher salt
- ¼ teaspoon freshly ground black pepper

INSTRUCTIONS

1. Cook noodles according to package directions. Drain in a colander, and run under cold water. Place noodles in a large bowl.
2. Add the cucumber, tomatoes, onion, olives and cheese.
3. In a small bowl, whisk together the oil, vinegar, lemon juice, mustard, oregano, salt and pepper. Drizzle over salad.