

Phase 3 Soba Noodle Salad with Phase 1 & 2 Variations

As our community progresses in their AH journey we have more members venturing into Phase 3. As I've said before, this is a very misunderstood Phase. So, here is a recipe to help you on your way. And, of course, it is easily modified for Phases 1 or 2 or made gluten-free (See variations for these options). Phase 3 Soba Noodle Salad - I made it last night to take for a picnic and remembered how much I LOVE this recipe. For Phase 2 you could use quinoa or brown rice, for Phase 1 use edamame. For me, having the sauce made ahead meant that it was optimally tasty and easy to just pour on. Another example of how prep day makes life so much easier. I also had the soba noodles already cooked and cooled, so I just blanched a few vegetables, poured the sauce over, and I had instant picnic food. This recipe is so refreshing and perfect for summer, and it packs well for meals on the go.

Soba Noodle Salad - Makes 1 serving

Soba noodles are made with a combination of wheat and buckwheat, making them a bit higher in protein than many other noodles. I like the depth of flavor that the buckwheat brings. It pairs perfectly with Asian flavors like the Ginger Soy Vinaigrette.

2 ounces (dry) soba noodles

1 to 2 cups vegetables, diced (broccoli, carrots, kale, snap peas, etc)

1/4 to 1/2 cup cucumber, radish, shredded carrots, or other raw vegetables, diced

1 to 1 1/2 cups chopped cooked chicken, Pan-Fried Tofu or Tempeh (*Always Hungry?* page 243), or other protein of your choice

Optional: 1/2 cup chickpeas or other beans of your choice

3 tablespoons Ginger Soy Vinaigrette, or to taste (See recipe below or on page 267)

Scallions, chives, or cilantro, (chopped) to garnish

Cook the soba according to package instructions. Set aside to cool. (These can be made ahead of time and refrigerated). Lightly blanch vegetables by immersing in boiling water for 15 to 45 seconds (until they are bright and tender-crisp). Remove from water with a mesh skimmer or slotted spoon and set aside to drain and cool. See Guide to Cooking Vegetables - *Always Hungry?* page 313. Toss the cooked noodles with vegetables, cucumbers, protein, beans, and Ginger Soy Vinaigrette. Top with garnish.

Variations

Phase 1 - Substitute 1 cup edamame for noodles and add wedges from 1 small mandarin.

Carbohydrate: 55 g (27%) Protein: 51 g (25%) Fat: 43 g (48%)

Phase 2 - Substitute 1/2 cup brown rice for noodles, and add 1/4 cup edamame.

Carbohydrate: 66 g (35%) Protein: 39 g (21%) Fat: 37 g (44%)

Ginger Soy Vinaigrette (*Always Hungry?* page 267)

This flavorful recipe is great served over tofu or chicken, shredded cabbage as an Asian Slaw, salad greens, or as a marinade for baked fish. One of my favorite ways to use it is over soba noodles in an Asian Noodle Salad

Preparation Time: 5 minutes

Total Time: 5 minutes

Makes 3/4 cup

1 (1-inch) piece fresh ginger, peeled and cut into 1/4 inch rounds

1 clove garlic

1/4 cup water

1 tablespoon soy sauce

2 tablespoons unseasoned rice vinegar

1 tablespoon sweet white miso

3 tablespoons toasted sesame oil

3 tablespoons neutral tasting oil, such as sesame (not toasted), high-oleic safflower, or avocado oil

Place all ingredients in a wide-mouthed mason jar or cup that will fit an immersion blender without splashing. Blend until smooth, working the blender into the thicker pieces of ginger until they are finely chopped. Place a lid on the jar. Allow the flavors to develop for at least 1 hour or more in the refrigerator. The vinaigrette will keep for 1 to 2 weeks in the refrigerator.

Carbohydrate: 76 g (39 %) Fat: 34 g (40%) Protein: 40 g (21%)

Recipe from the Chef Dawn Ludwig Blog at <https://www.DrDavidLudwig.com/category/chef-dawn/> for more recipes by Chef Dawn see the book ALWAYS HUNGRY? Conquer Cravings, Retrain Your Fat Cells, and Lose Weight Permanently