

# Noodle Green Bean Shiitake Mushroom Salad with Orange Miso Dressing

SERVINGS: 6

SERVING SIZE: 1 ½ cup



## Ingredients

6 oz	Soba Noodles
2 tsp	Orange juice
½ tsp	White Miso Paste
1 tsp	Low Sodium
8 oz	Shiitake Mushrooms
1 tsp	Fresh Garlic, minced
1 lb	Fresh Green Beans
1 tbsp	Sliced Almonds

## Directions

1. For Orange Miso Dressing, pour orange juice, white miso paste, soy sauce and golden Italian dressing in a mixing bowl and whisk to combine. Set aside.
2. Cook soba noodles in boiling water until al dente, about 5 minutes. Drain and rinse in cold water. Set aside.
3. To prepare salad dressing: in a blender combine lime juice, mustard, honey, garlic, salt, pepper, ginger and nutmeg. Blend for 1 minute. With blender running on low, slowly pour the oil and emulsify.
4. In a mixing bowl, add diced pineapple and arugula to the cooled carrots, toss to combine.
5. Pour dressing over carrot mixture and mix gently.
6. Serve chilled, garnish with scallions

Nutritional per serving:

**calories** 185 kcal, **fat** 7.5 gm, **protein** 6 gm, **carbs** 28 g, **fiber** 3 g, **sodium** 195 mg