

Radish Asian Salad

8 ounce package of stir-fry rice noodles
1 bunch radishes (about 8), halved and thinly sliced
¼ cup fresh cilantro leaves
4 scallions, sliced
Handful of grape/cherry tomatoes

Dressing:

1/3 cup soy sauce
½ cup packed light brown sugar
2 tablespoons rice vinegar
2 tablespoons cornstarch
1-inch piece fresh ginger, peeled and chopped
¼ teaspoon cayenne pepper

Directions:

1. Mix together the soy sauce, sugar, vinegar, cornstarch, ginger, and cayenne and heat until warm.
2. Cook the noodles according to the package directions. Drain and run under cold water to cool. Add the noodles to the dressing and toss with the radishes, cilantro, scallions, and tomatoes.

Serves 8

Nutrient Analysis, per serving: 143 calories, 32g. carbohydrate, 3g. protein, 1g. fat, 417mg. sodium