

Sesame Noodle Salad

Makes 4 lbs, about 14 cups

16 ounces whole wheat spaghetti

Dressing

½ cup toasted sesame oil

¼ cup rice vinegar

¼ cup light soy sauce

2 tablespoons sugar

2 teaspoons ground ginger

1/4 teaspoon cayenne pepper

4 cups napa cabbage, shredded

2 cups red bell pepper, julienned

1 ½ cup green onion, sliced thinly on a bias

1 cup fresh cilantro, chopped

2 tablespoons sesame seeds, lightly toasted (optional)

1. Cook spaghetti in a large pot of boiling salted water until al dente. Drain and rinse in cold water to cool, drain again, set aside.
2. In a large bowl whisk together the sesame oil, rice vinegar, soy sauce, sugar, ginger and cayenne pepper.
3. Add shredded cabbage, bell pepper, green onion, cilantro, sesame seeds and chilled noodles. Toss with the dressing.

Recipe by Chef Garrett Berdan, RD, LD

Updated October 26, 2010