



# Power Blend Soba Noodle Salad

**Servings**

4

**Calories**

420

**Prep Time**

5 minutes

**Total Time**

30 minutes

**Skill Level**

Easy

## Ingredients

- 3 cups Mann's Power Blend
- 1 cup Mann's Stringless Sugar Snap Peas, sliced in half
- 1 (9 ½-ounces) package buckwheat soba noodles
- 1 teaspoon grated fresh ginger
- 1 small clove garlic
- 2 tablespoons seasoned rice vinegar
- 2 teaspoons sesame oil
- ¼ cup tahini
- 1 ½ tablespoons white miso
- 2 tablespoons brown sugar
- 2 tablespoons orange juice
- ¼ teaspoon kosher salt



## The Method

In a food processor, blend together the ginger, garlic, rice vinegar, sesame oil, tahini, miso, orange juice and salt.

Boil the soba noodles in salted, boiling water according to package instructions. Drain and add to a mixing bowl. Add Power Blend, sugar snap peas, and about 1 cup of the dressing. Toss well and season with salt to taste.

### Nutrition Facts

Serving Size: 198g | Servings: 4

### Amount Per Serving

Calories 420 | Total Fat 12g (sat fat 1.5g trans 0g) | Cholesterol 0mg | Sodium 530mg | Total Carbohydrate 67g | Dietary Fiber 3g | Sugars 10g (Includes 7g Added Sugars) | Protein 13g | Vitamin D 0% | Calcium 4% | Iron 6% | Potassium 6%