

Asian Noodle Salad

My lunches usually consist of easy, no cook things like yogurt or cheese, crackers, and fruit. Even though I'm home all day, I don't want to make a mess in the kitchen during the day, so I try to keep it simple.

Occasionally though, I'll want something different, so I'll experiment, which is how this recipe came about.

It's really a mash up of what I had in the fridge, and it actually turned out pretty good, which is why I'm sharing it here. It's also a good showcase of how avocado oil can surprise you. It's not something you think works well in Asian type dishes, but it actually does. It may not taste exactly like your favorite takeout joint, but it still hits the spot in a comforting way.

For this, I used some leftover spaghetti I had in the fridge and tossed it with some veggies and herbs, then made up a quick dressing of avocado oil with lime juice and ginger. A few black sesame seeds for crunch, and it turned out to be a hit.

You can add whatever you want to these noodles and it will probably still be good. Some things I would add next time are cabbage, peas, or bell peppers. I would have added shrimp if I'd had some, but leftover chicken would work too. It made a pretty good lunch with little cleanup, and it's definitely something I'll try again.

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Serves 2

Ingredients:

- 4 ounces whole wheat spaghetti or angel hair, cooked and chilled
- 1 carrot, grated
- 1/2 cup sliced mushrooms
- 2 sliced green onions
- 2 tablespoons fresh chopped cilantro
- 1 teaspoon sesame seeds (black or white work fine)
- 1/2 cup Ava Jane's Kitchen Avocado Oil
- Juice of 2 limes
- 1 clove garlic, grated
- 1 teaspoon grated ginger
- 1 teaspoon soy sauce

Directions:

Toss the noodles, carrots, mushrooms, green onions, cilantro, and sesame seeds in a bowl and toss well.

Whisk the oil, lime juice, garlic, ginger, and soy sauce together and toss with the noodles.
Serve chilled.