



# FORKS OVER KNIVES™

## **Ponzu Noodle Salad | by Chef Del Sroufe**

From *Forks Over Knives – The Cookbook*

Serves 4



- 1 pound brown rice noodles
- 1/2 pound snow peas, trimmed and cut into matchsticks
- 3 medium carrots, peeled and cut into matchsticks
- 3 green onions (white and green parts), cut into 3/4-inch pieces
- 1/2 cup coarsely chopped cilantro
- 1/2 cup Ponzu Sauce (recipe follows)
- 1/2 teaspoon crushed red pepper flakes, optional

### ***Instructions:***

Cook the brown rice noodles according to package directions, adding the snow peas and carrots during the last minute of cooking. Drain and rinse the mixture until cooled, and place it in a large bowl. Add the green onions, cilantro, ponzu sauce, and crushed red pepper flakes, if using. Mix well before serving.

## **Ponzu Sauce**

*Makes about 1<sup>3</sup>/<sub>4</sub> cups*

**Zest and juice of 2 lemons**

**Zest and juice of 2 limes**

**1/4 cup brown rice vinegar**

**3/4 cup low-sodium soy sauce**

**1/4 cup sake**

**1/4 cup date molasses or brown rice syrup**

### ***Instructions:***

Combine all ingredients in a bowl and whisk until smooth. Store refrigerated in an airtight container for up to 1 week.