



Serves 4

Preparation Time: 10 minutes

Cook Time: 20 minutes

INGREDIENTS:

1 pound brown rice noodles

½ 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 ¾-inch pieces

½ cup coarsely chopped cilantro

½ cup [Ponzu Sauce](#)

½ teaspoon crushed red pepper
flakes, optional

Ponzu Noodle Salad

Ponzu is a soy and citrus sauce popular in Japanese cooking. Use it to dress up simple vegetable and rice dishes, or use it as a sauce for stir-fries. Make this dish in the spring when snow peas and cilantro are in season. Brown rice noodles can be found in most grocery stores, natural food stores, or online.

From *Forks Over Knives - The Cookbook*

Find this recipe and more in the *Forks Over Knives Recipe App*.

By Del Sroufe

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