

Recipe Name **Buckwheat Pasta Salad with Summer Vegetables**

Ingredients:

- 1 8oz. package buckwheat noodles/soba noodles ([King Soba noodles](#) are gluten free – available at Mom’s Organic), can substitute rice noodles, regular noodles or zoodles
- 2-3 cups vegetables, shredded, julienned, or chopped on a bias (I like edamame, napa or red cabbage, carrots, red peppers, snap peas, cucumber, and bean sprouts – use whatever you like and/or have on hand. I have used asparagus, broccoli, etc. also, just make it colorful)
- 3 Green onions or garlic scapes, chopped on a bias

Dressing:

- ¼ cup almond butter (homemade or store bought, preferably organic)
- 3 Tbsp. toasted sesame oil
- 1 Tbsp. rice wine vinegar
- 1Tbsp. fresh lime juice
- 2 Tbsp. soy sauce, GF tamari or coconut aminos
- 1 large clove garlic, minced
- 1 tsp. minced ginger
- 1 tsp. [sambal oelek](#)
- Salt
- Cold water to thin dressing if needed

Directions

1. Prep all vegetables if not already done so.
2. Cook the soba noodles according to package directions. If using a long pasta noodle, I like to break them in half to make it easier to eat.
3. While the soba noodles are cooking, make the dressing. Whisk all the ingredients (minus water) together until well combined. Depending on your almond butter, the mixture may be thick. In this case, add cold water 1 Tbsp. at a time, whisking between each addition until it is a pourable consistency. Taste and adjust seasoning to your liking. If using coconut aminos instead of soy sauce you will need some added salt to bring out the flavors.
4. Place noodles in a large bowl. Add the vegetables. Pour the dressing over top and toss together with 2 large spoons or salad tongs.