

SOMEN SALAD

INGREDIENTS

- 1 (8 ounce) package **somen noodles**
- 1 medium head **romaine lettuce** (about 5 cups, shredded)
- 1 medium **cucumber**
- 1 (6 ounce) **fishcake**
- 2 large **eggs**, scrambled and cooked flat like a pancake
- Optional:
 - 1 cup **cooked ham**, thinly sliced into strips
 - ¼ cup chopped **green onions**

Dressing:

- ⅓ cup **sugar**
- ¼ cup **sesame oil**
- ¼ cup less sodium **soy sauce**
- 2 tablespoons **water**
- ½ cup **vinegar**
- Optional: ¼ cup **sesame seeds**

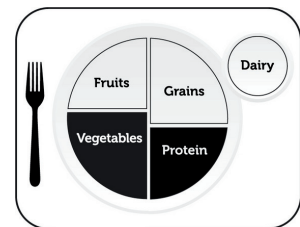
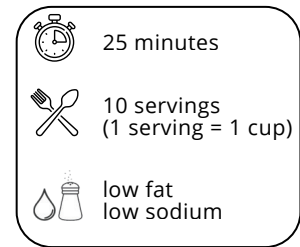
DIRECTIONS

Always practice food safety when cooking.

- 1) Follow package directions to cook somen noodles in a medium pot. Drain and set aside.
- 2) Chop lettuce into thinly sliced shreds. Set aside.
- 3) Thinly slice cucumber into strips. Set aside.
- 4) Thinly slice fishcake into strips. Set aside.
- 5) Thinly slice scrambled eggs into strips. Set aside.
- 6) Optional:
 - Thinly slice ham into strips. Set aside.
 - Chop green onions into ¼ inch pieces. Set aside.
- 7) In a 9 inch x 13 inch baking pan, layer somen noodles, lettuce, cucumber, fishcake, eggs, and optional items (ham and/or green onions).
- 8) Cover and refrigerate until ready to serve.
- 9) In a small bowl, mix dressing ingredients (sugar, sesame oil, soy sauce, water, and vinegar).
- 10) Optional: Add sesame seeds to dressing.
- 11) Serve dressing on the side or pour over salad.

NOTES

- The salad and dressing can be refrigerated up to 3 to 4 days in separate airtight containers.
- Carrots may be used instead of or in addition to cucumbers.
- Imitation crab, char siu (roast pork), or other cooked meats can be used.
- If you prefer a milder vinegar, try white wine vinegar, rice wine vinegar, or apple cider vinegar.



Nutrition Facts	
10 servings per container	
Serving size	1 cup (208g)
Amount per serving	
Calories	230
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 420mg	18%
Total Carbohydrate 35g	13%
Dietary Fiber 2g	7%
Total Sugars 8g	
Includes 7g Added Sugars	14%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 36mg	2%
Iron 1mg	6%
Potassium 195mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.