

# *Whole Wheat Udon Salad*

## Nutritional Highlights

- Choosing whole wheat noodles means added fiber and natural vitamins and minerals
- Bell peppers are a great source of Vitamins A, C, E, K, folate, and potassium

## Ingredients

- 2 ears sweet corn, shucked and cooked
  - 1 8-ounce package whole wheat udon noodles
  - 2 tablespoons sesame oil
  - 1 medium red bell pepper, seeded and thinly sliced
  - 1 medium orange bell pepper, seeded and thinly sliced
  - 1 medium yellow bell pepper, seeded and thinly sliced
  - ½ teaspoon sea salt
  - 1 teaspoon dried red chili flakes
- Marinade
- 1 clove garlic, minced
  - 2 tablespoons tamari
  - ¼ cup rice vinegar
  - 3 tablespoons toasted black sesame seeds
  - ¼ cup plus 1 tablespoon toasted sesame oil
  - ½ cup finely sliced scallions
  - 1 cup chopped cilantro

## Directions

- Add udon noodles to a large pot of water and cook according to package directions, or until tender. Drain and rinse noodles under cold running water. Set aside to drain well.
- Warm oil in large skillet over medium heat. Add peppers and sauté for about 10 minutes. Stir in salt, reduce heat to low, cover skillet, and cook for 5 minutes.
- Remove lid and raise heat to medium. Cook, stirring constantly, for 5 more minutes or until peppers are cooked through and begin to brown. Stir in chili flakes and set aside to cool.

## Marinade

- Add garlic, tamari, rice vinegar, and sesame seeds to a small bowl, and whisk to combine. Drizzle in sesame oil and whisk again.
- Place noodles and half of the marinade in a large salad bowl and toss until evenly coated. Add extra marinade as desired.
- Cut corn off cobs and add to noodles along with scallions and cilantro. Mix well to combine, then gently stir in peppers. Season to taste with extra tamari or sea salt. Sprinkle with black sesame seeds and serve at room temperature.