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*Our Heart "Beets" Plant Strong*

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## Teriyaki Soba Noodle Salad

### Teriyaki Sauce:

- 1 Tbsp low sodium tamari
- 1 ½ Tbsp maple syrup
- ½ Tbsp rice wine vinegar
- 2 garlic clove
- 1 tsp minced ginger
- ½ Tbsp cornstarch
- 2 Tbsp water

### Salad:

- 6 oz. of buckwheat soba noodles
- 1 cup red cabbage, shredded
- 1 carrot, julienned
- 1 cucumber, julienned
- ½ avocado, diced
- ½ cup edamame beans
- 1 spring onion shoot, diced
- Sesame seeds, lime, and pepper to season

### Directions:

1. Combine the water and cornstarch together. Add remaining ingredients along with the cornstarch and water to a saucepan over medium heat. Bring to a boil and keep whisking until the sauce thickens, then remove from the heat to cool.
2. Bring a pot of water to a boil and cook the soba noodles according to the packet, then allow to cool.
3. Add the salad ingredients to a large bowl and mix in the teriyaki sauce. Enjoy!

\*sauce makes enough for 1 large salad to feed 2 people.

\*sauce can be doubled and stored in a jar in the fridge.

\*salad can be kept in the fridge for 3 days.

\*sodium may vary dependent on tamari sauce & brand of soba noodles

<b>Nutrition Facts</b>	
Servings 2.0	
Amount Per Serving	
<b>calories</b>	<b>375</b>
% Daily Value *	
<b>Total Fat</b> 8 g	<b>12 %</b>
Saturated Fat 1 g	<b>5 %</b>
Monounsaturated Fat 4 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 425 mg	<b>18 %</b>
<b>Potassium</b> 434 mg	<b>12 %</b>
<b>Total Carbohydrate</b> 65 g	<b>22 %</b>
<b>Dietary Fiber</b> 8 g	<b>31 %</b>
<b>Sugars</b> 13 g	
<b>Protein</b> 12 g	<b>25 %</b>
Vitamin A	<b>274 %</b>
Vitamin C	<b>69 %</b>
Calcium	<b>23 %</b>
Iron	<b>13 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	