



Rice-Udon Noodle Salad with Cardamom and Sesame Seed Dressing

Serves 6

This is the easiest salad to make and great to bring to a summer picnic.

Ingredients

- 1 package of gluten-free, rice udon noodles
- ¼ cup organic tamari
- ¼ cup extra virgin olive oil
- ¼ cup sesame seeds
- 1 teaspoon cardamom
- 3 tablespoons sundried tomatoes, julienned (add more to taste)
- 2 tablespoons scallions
- 1/4 teaspoon red pepper flakes
- 1/4 cup organic feta cheese, crumbled (add more to taste)

Preparation

Cook the udon noodles as directed and then rinse well under cold water. Sprinkle tamari on pasta; mix well using your hands so the tamari is well distributed over all the udon. Add more if desired.

While the pasta is cooking, prepare the cardamom and sesame seed dressing. Place the olive oil in a small skillet and heat over medium heat. Add the sesame seeds and toast until just brown. Add the cardamom, remove from the heat, and stir to combine. Set aside until ready to use.

To finish the dish, pour the cardamom sesame mixture over pasta. Toss with hands to evenly distribute. Add the sun-dried tomatoes pieces, red pepper flakes, and scallions. Toss to combine and top with the feta cheese. Cover loosely and set aside at room temperature for about 1/2-hour for the flavors to marry and be absorbed by the noodles. Serve at room temperature.

Note: Noodle salad can be prepared in advance. Cover and chill in refrigerator for up to 3 days.

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