

Crunchy Noodle Salad

Here is another fantastic recipe from one of my favorite TV chefs Ina Garten. She is amazing and I never get tired of watching her. I changed a few things slightly in this recipe. In place of the spaghetti, I used chinese spaghetti noodles. I also replaced the honey with agave nectar. And for added color, I used 1 yellow pepper in place of one of the red peppers.

Crunchy Noodle Salad

1 lb of thin spaghetti

1 lb sugar snap peas

1 cup vegetable oil

1/4 cup rice wine vinegar

1/3 cup soy sauce

3 tablespoons of dark sesame oil

1 tablespoons of agave nectar

2 cloves of garlic minced

1 teaspoon of fresh ginger, grated

3 tablespoons toasted white sesame seeds, divided

2 red bell peppers, seeded and thinly sliced

4 scallions (white and green parts) sliced diagonally

3 tablespoons chopped fresh parsley

Directions:

Cook spaghetti according to the package directions. Drain and cool. While the spaghetti is cooking, bring another pot of water to a boil. Add the sugar snap peas and cook for 3-5 minutes. drain and immerse in a bowl of ice water.



thinly sliced peppers and snap peas

Slice the the peppers thinly and add to a large bowl with the cooled snap peas and the cooled spaghetti.

For the dressing, whisk together the vegetable oil, rice vinegar, soy sauce, sesame oil, agave nectar, garlic, ginger, peanut butter and 2 tablespoons of the sesame seeds in a medium bowl.



dressing

Combine the spaghetti, sugar snap peas, peppers and scallions in a bowl. Pour the dressing over the spaghetti mixture. Add the remaining 1 tablespoons of sesame seeds and the parsley and toss together.