

## Teriyaki Salmon Salad & Cold Soba Noodles

By Michelle Stern of What's Cooking (<http://www.whatscooking.info/>)

### Teriyaki Salmon Salad

Serves 4

1/4 cup teriyaki sauce  
1 Tbs rice vinegar  
2 tsp sesame oil  
1/2 tsp ginger, peeled and finely grated  
4 salmon fillets, 4-6 ounces each  
Salt  
Pepper  
1 bell pepper, red  
1 carrot, peeled  
1 can mandarin oranges, drained  
3 cups baby spinach leaves  
1/4 cup almonds, sliced and toasted

1. For dressing, combine teriyaki, vinegar, oil and ginger in a bowl; set aside.
2. Season salmon with salt and pepper. Add sesame oil to skillet, and heat over medium heat until hot. Cook salmon 6-8 minutes or until it flakes easily with a fork, carefully turning once.
3. Remove from heat; set aside and cool slightly.
4. Slice bell pepper into thin strips. Using a vegetable peeler, cut carrot into strips.
5. Combine bell pepper, carrots, oranges, spinach and half of dressing in a mixing bowl; toss gently. Divide salad evenly among serving plates; top with salmon. Drizzle with the remaining dressing. Sprinkle with toasted almonds.

### CALL THE KIDS!

- Measure and mix dressing ingredients.
- Drain mandarin oranges.
- Rinse spinach leaves and dry in a salad spinner or by patting with a towel.
- Measure almonds and spinach leaves
- Use a vegetable peeler to slice carrots into the salad

**Nutrition (per serving):** 350.0 calories; 46% calories from fat; 18.0g total fat; 65.0mg cholesterol; 700.0mg sodium; 21.0g carbohydrates; 4.0g fiber; 17.0g net carbs; 26.0g protein.

## Cold Soba Noodles

Serves 4

In Japan, cooked buckwheat noodles are often served with a soy-based dipping sauce; here the sauce is combined with the noodles for a flavorful and easy dish.

8 oz soba noodles  
2 scallions, sliced  
2 tsp sesame oil  
2 tsp soy sauce, reduced-sodium  
2 tsp sesame seeds, toasted

1. Cook noodles according to package directions.
2. Drain the noodles in a colander and rinse under cold running water until cool.
3. Transfer to a medium bowl and toss with scallions, oil, soy sauce and sesame seeds.

### CALL THE KIDS!

- Pour cold water over cooked noodles in a colander in the sink. Mix with clean hands to cool the pasta.
- Wash scallions
- Measure sesame oil, soy sauce, and sesame seeds
- Toss salad

**Nutrition (per serving):** 222.0 calories; 11% calories from fat; 3.0g total fat; 0.0mg cholesterol; 514.0mg sodium; 43.0g carbohydrates; 0.0g fiber; 43.0g net carbs; 9.0g protein.