

Udon Noodles with Tofu

Look for Japanese udon noodles near the Asian ingredients in your supermarket or use linguine.

SERVINGS: 6 (about 1 1/4-cup) servings

CARB GRAMS PER SERVING: 39

8 ounces dried udon noodles or whole wheat linguine
2 6- to 8-ounce packages smoked teriyaki-flavored or plain firm tofu (fresh bean curd), cut into 1/2-inch pieces
1-1/2 cups chopped cucumber
1 large carrot, cut into thin bite-size pieces
1/2 cup sliced green onions
1 recipe Ginger-Soy Vinaigrette (see recipe below)

1. Cook pasta according to package directions; drain. Cool pasta slightly.
2. Meanwhile, in a large bowl, combine tofu, cucumber, carrot, and green onion. Add drained pasta; toss gently to mix.
3. Drizzle Ginger-Soy Vinaigrette onto cooked pasta mixture. Toss salad gently to coat. Makes 6 (about 1 1/4-cup) servings.



Ginger-Soy Vinaigrette: In a small bowl, whisk together 2 tablespoons rice vinegar or cider vinegar, 1 tablespoon toasted sesame oil, 2 teaspoons reduced-sodium soy sauce, 4 minced cloves garlic, 1 teaspoon grated fresh ginger, and 1/4 teaspoon crushed red pepper. Makes 1/4 cup.

Make-Ahead Directions: Prepare as directed. Cover and chill for up to 6 hours.

Nutrition Facts Per Serving:

Servings: 6 (about 1 1/4-cup) servings

Calories 231

Total Fat (g) 4

Saturated Fat (g) 0

Cholesterol (mg) 0

Sodium (mg) 571

Carbohydrate (g) 39

Fiber (g) 3

Protein (g) 7

Vitamin A (DV%) 0

Vitamin C (DV%) 0

Calcium (DV%) 0

Iron (DV%) 0

Diabetic Exchanges

Starch (d.e.) 2

Vegetables (d.e.) .5

Medium-fat Meat (d.e.) .5

Fat (d.e.) .5

Courtesy of Helen Long, Nutritionist
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