

Chilled Veggie & Shrimp Noodle Salad

Prep: 30 minutes | Cook: 15 minutes | Total: 45 minutes |
Yield: 10 servings | Serving Size: 1 3/4 cup

Ingredients

1 lb cooked and chilled spaghetti noodles
4 cups cooked, tailless shrimp
2 cups fresh broccoli florets
1 cup fresh carrots, shredded
2 cups fresh mushrooms, chopped
2 tbsp sesame oil
2 tsp chili oil
1/2 cup rice wine vinegar
2 tbsp fresh garlic, chopped
1 tbsp fresh ginger, chopped
1/4 cup low-sodium soy sauce substitute*
1/4 cup fresh lime juice
Zest of 1 lime (1 tbsp)

Directions

1. Combine ingredients for soy sauce substitute in small saucepan.
2. Stir on medium heat. Allow to reduce and thicken slightly to about 1 cup. Store remainder in refrigerator.
3. Then, mix first 6 ingredients together in large bowl and set aside.
4. Blend remaining ingredients together in blender until well incorporated, about 1 minute.
5. Pour dressing mixture over pasta mixture. Toss until well coated, then serve.

***Soy sauce substitute:** 3/4 cup balsamic vinegar, 2 garlic cloves, 3 tbsp dark molasses, 1 tbsp onion powder

Nutrition Facts Per Serving: Calories: 254 | Total Fat: 11 g | Saturated Fat: 2 g
Sodium: 433 mg | Total Carbohydrate: 27 g | Dietary Fiber: 3 g | Protein: 13 g |
Potassium: 325 mg | Phosphorous: 229 mg

Adapted from www.freseniuskidneycare.com

For more recipes, please visit www.nutrition.va.gov



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