

# 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

