# Thai Rice Noodle Salad

**Ingredients**

**Dressing:**
- ¼ cup lime juice
- 2 Tbsp fish sauce OR 1 Tbsp soy sauce
- 1 tsp sugar
- 2 tsp fresh minced ginger
- 2 Tbsp toasted sesame oil
- 2 Tbsp canola oil
- Salt and pepper, to taste

**Salad:**
- 3 oz dried rice noodles or cellophane noodles
- 1/2 small Napa cabbage OR 1 romaine heart
- 1 cup chopped cilantro
- 1 carrot, grated or cut into small strips

**Procedure**

- Mix together dressing ingredients. Taste and adjust seasonings. Place rice noodles in a bowl and cover with warm water. Soak for 20 minutes, and drain.
- Bring a large pot of water to a boil and add the noodles. Cook about 1 minute, or until tender. Drain well and coarsely chop. Toss with all but 2 tablespoons of the dressing.
- Bring a large pot of water to a boil and add the noodles. Cook about 1 minute, or until tender. Drain well and coarsely chop. Toss with all but 2 tablespoons of the dressing.
- If using Napa cabbage, cut the halved cabbage in half again, cut out the core, then slice crosswise into thin strips. If using romaine, cut in half, then slice crosswise into thin strips. Toss with the noodles, scallions, cilantro, and carrot.

**Recipe Notes**

If you’re not a fan of cilantro, substitute parsley. Make sure to have a strainer ready before you add your noodles to the boiling water because they cook fast! To make this salad into a meal, add lean protein like chicken or tofu.

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**SERVINGS**

4

**PREP TIME**

25 min

**TOTAL TIME**

30 min

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