

Pea Jicama Salad

Serves approximately 8

This is a texture salad. I love the contrast: hard, crunchy jicama, softly crunchy water chestnuts and soft peas. I like to add the soba noodles right before serving so they are still chewy but not mushy. (You may also use “Top Ramen” for the noodles – I just don’t like the greasy coating). If you use pure buckwheat noodles and gluten free soy sauce, this recipe will be gluten free.

6 oz soba or buckwheat noodles, broken, toasted in skillet with a little sesame oil until golden brown.
20 oz frozen, thawed petite green peas
1 large jicama, diced
2 (8 oz) cans water chestnuts, diced
3 stalks celery, diced
3 green onions, chopped
1 cup toasted pine nuts or almonds

Place all ingredients, except nuts and noodles in a large serving bowl. Toss with dressing (below). Add in and toss noodles and nuts approx half hour before serving.

Dressing:

½ c. rice vinegar
¼ c. soy sauce
1 clove garlic, minced
2 tsp fresh grated ginger (or 1 tsp dry)
¼ tsp cayenne
Fresh ground black pepper to taste
2 Tbsp canola oil
2 Tbsp toasted sesame oil.

Blend all ingredients, except oil in small food processor, then add oils and continue to blend until oil is immersed.

