

RAINBOW NOODLE SALAD

Course: Lunch or Dinner
Prep. Time: 15 minutes
Servings: 12
CACFP: ½ C. vegetable &
1 serving grain



INGREDIENTS

Sauce

- 3 Tbsp Soy Sauce
- 1 Tbsp Rice Wine Vinegar
- 2 Tbsp Sesame Oil
- 1 Tsp Lime Juice

Salad

- 12 oz. cooked Brown Rice Noodles
- 1 ½ C. Carrot (about 3 large carrots)
- 1 ½ C. Zucchini (about 1 large zucchini)
- 1 ½ C. Red Pepper (about 1 medium pepper)
- 1 ½ C. Yellow Pepper (about 1 medium pepper)
- 1 bunch Fresh Cilantro roughly chopped
- 2 Tbsp. Sesame Seeds
- ½ C. chopped Scallions

INSTRUCTIONS

1. Chop all vegetables to a medium dice. Place each type of vegetable in its own bowl, including the cilantro, scallions, and sesame seeds.
2. Mix all ingredients for the sauce together in a bowl and whisk so everything is combined.
3. Cook the rice noodles according to the instructions on the package and place in a large bowl.
4. Line up all ingredients near each other for children to assemble their own customized bowl.