

Noodle, Lettuce and Carrot Salad

Ingredients

- 4 cups cooked noodles (flat whole wheat ribbon noodles work best for this recipe, but if none are available you can use elbow noodles or udon noodles broken into 1 1/2- inch pieces prior to cooking).
- 2 cups leaf lettuce torn into small pieces
- 1/4 cup grated carrot
- 2 tablespoons Ume-Tahini Dressing (or to taste)

Preparation

Mix all ingredients and serve.

Umeboshi-Tahini Dressing :

- 2-3 umeboshi plums, pits removed
- 2-3 tablespoons organic, roasted tahini
- 1 teaspoon grated onion
- 1 Tablespoon chopped scallion, chives, or parsley