

Peanut-Sesame Slaw with Soba Noodles

Serves: 4 to 8

Slaw:

- 4 ounces dry soba noodles
- 1 small purple or green cabbage, sliced into quarters and core removed
- *½ pound (about 12) Brussels sprouts, optional*
- 4 carrots, peeled
- 1 bunch green onions, trimmed and sliced into thin rounds

Peanut-sesame dressing

- ½ cup peanut butter
- 3 tablespoons rice vinegar
- 3 tablespoons sesame oil
- 3 tablespoons soy sauce
- 2 tablespoons honey or agave nectar
- 1 tablespoon finely grated fresh ginger (fresh in a tube is fine)
- 2 garlic cloves, pressed or minced
- handful of fresh cilantro, chopped

Garnish

- Healthy handful of coarsely chopped peanuts for each serving
 - 1 lime, sliced into wedges
1. Cook the soba **noodles**: bring a large pot of water to boil and cook the noodles according to package directions. Drain into a colander and rinse with cold water. Drain well. Put the noodles onto a cutting board (in a mound), and chop into bite-sized pieces. Set aside.
 2. Using a sharp chef's knife, shred the cabbage; grate the carrots with a grater. (Using a food processor, shred the cabbage -- and sprouts -- with the slicing disk, then grate the carrots using the grating disk.)
 3. **Prepare the dressing**: In a small bowl, whisk together the dressing ingredients until smooth. If the mixture should be thick but drizzly; if it's too thick, whisk in very warm **water** in 1 tablespoon increments until it becomes pourable.
 4. In a large serving bowl, combine the cooked soba noodles and the vegetables. Pour dressing over the vegetables and toss to coat.
 5. Top each serving with peanuts, and squeeze a lime wedge over top.