

Everyday Healthy! Everyday Delicious!

From the Kitchen of Janice Feuer Haugen

Jade Salad w/ Broccoli, Snow Peas, Sugar Snaps & Sobas

Jade Salad can easily be prepared with or without Soba Noodles. Either way this is a gorgeous and great-tasting salad. For Jade Salad without sobas, reduce the dressing ingredients by half and proceed through Step 5 below. Stir in the toasted sesame seeds just before serving.

Yield: 4 servings as an entrée, 6+ servings as a side salad

12 cups broccoli florets and julienne stems (2–2½ pounds broccoli)

1½ cups snow peas

2 cups sugar snap peas

2/3 cup very thinly sliced scallions

2 tablespoon sesame seeds, toasted

4 tablespoons soy sauce

4 tablespoons “lite” seasoned rice vinegar

4 tablespoons toasted sesame oil

8 ounces soba noodles (Japanese buckwheat noodles), cooked according to package directions

1 cup corn (fresh or frozen)

1 cup frozen peas

½ cup coarsely chopped cilantro

1. Bring a large pot of water with a pinch of salt to a boil. Meanwhile, wash the broccoli and cut it into medium-sized florets of approximately equal size. Peel the stems and cut them lengthwise into quarters about 1¼ inches in length. All together you should have about 12 cups of florets and stems.
2. Remove and discard the stem and the strings from both the snow peas and the sugar snap peas; set aside. Wash the scallions and very thinly slice both the white and green parts; set aside.
3. In a small sauté pan, toast the sesame seeds over moderate heat. Once toasted, immediately remove them from the pan and onto a plate.
4. Blanch the broccoli by placing it into the rapidly boiling water. Once the water returns to a full boil, count slowly to 15. Use a slotted spoon or small strainer to remove the broccoli as quickly as possible to a bowl of ice water to stop the cooking and set the color. Remove the broccoli from the cold water to a colander to drain. Next blanch the snow and snap peas in the same rapidly boiling water. As soon as the water *returns* to boil, remove the peas and place them in ice water. When the peas are cool, drain them well.
5. Place the broccoli and snap and snow peas in a large bowl. Add the scallions and the soy sauce, seasoned rice vinegar and toasted sesame oil. Toss all together and let the salad mari-

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nate at room temperature for at least a half hour, tossing occasionally. (For a Jade Salad without sobas, stir in the toasted sesame seeds and serve.)

6. Cook the soba noodles in lightly salted, boiling water according to the package directions. Place the corn and the peas in the bottom of your colander. As soon as the sobas are perfectly cooked, pour them into the colander over the peas and corn.
7. When well drained, toss in the noodles, corn and peas with the broccoli mixture along with the cilantro. Let the salad sit at least 15 minutes before serving so the noodles absorb the dressing. You can also prepare this salad up to four hours in advance.
8. Serve the salad chilled or at room temperature. Toss with the sesame seeds just before serving.

