DOUBLE-SESAME NOODLES

Yield: Serves 4 (serving size: about 1 ½ cups)

From: Cooking Light

Nutrition: 400 calories, 17 g fat, 41 g carbohydrates, 5 g fiber, 24 g protein, 621 mg sodium

INGREDIENTS:

- 6 ounces soba noodles
- 1/4 cup tahini
- 1/4 cup water
- 2 tablespoons toasted sesame oil
- 1 tablespoon fresh lime juice
- 2 teaspoons sambal oelek or Sriracha
- 3/4 teaspoon kosher salt
- 2 cups thinly sliced red cabbage
- 1 cup chopped green onions
- 8 ounces shredded skinless, boneless rotisserie chicken breast

DIRECTIONS:

Step 1: Cook soba noodles according to package directions; drain and rinse with cold water.

Step 2: Combine tahini, water, toasted sesame oil, fresh lime juice, sambal oelek or Sriracha, and kosher salt in a large bowl. Add noodles, thinly sliced red cabbage, chopped green onions, and shredded skinless, boneless rotisserie chicken breast. Toss gently to combine. Serve at room temperature.