

CHICKEN SOBA NOODLE SALAD

INGREDIENTS

12oz chicken breast, skinless

1 tablespoon canola oil

1 package (9.5oz) soba noodles, dry

Vinaigrette

¼ cup rice wine vinegar

1 tablespoon honey

¼ cup canola oil

1 tablespoon ginger, grated

1 cup red cabbage, shredded

1 cup snap peas, cut on an angle, ¼" slices

¼ cup green onions, cut on an angle ¼" slices

¼ cup cilantro, chopped

PREPARATION

- 1** Preheat oven to 400°F.
- 2** Rub chicken with canola oil. Place on a baking tray and bake for 20-25 minutes or until an internal temperature of 165°F is reached. Cool. Slice into ¼ inch pieces and refrigerate.
- 3** Cook soba noodles according to instructions on the package. Drain and rinse noodles with cold water. Place in a large mixing bowl and refrigerate.
- 4** To prepare the vinaigrette, mix together the vinegar, honey, oil, and ginger. Refrigerate.
- 5** To assemble the salad, add cabbage, peas, onions, cilantro and the ginger vinaigrette to soba noodle bowl. Mix well to combine.
- 6** Garnish salad with sliced chicken.

SUGGESTION

✓ *This salad can also be served warm.*



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Nutrient Analysis

PER SERVING

¼ of recipe

Renal/Diabetic exchanges:

3 Meat + 3 ½ Starch + 1 Lower-Potassium Vegetable + 1 Fat

Calories	518Kcal
Protein	30g
Total Carbohydrate	58g
Fiber	2g
Sugars	6g
Fat	20g
Saturated	2g
Cholesterol	63mg
Sodium	49mg
Potassium	594mg
Phosphorus	377mg
Calcium	53mg
Iron	3mg
Magnesium	100mg
Vitamin C	77mg

PLEASE NOTE: This recipe is higher in potassium and portion size is important. Check with your registered dietitian to see how this recipe can be included in your diet.

Diet Types

- | | |
|--|---|
| <input type="checkbox"/> CKD Non-Dialysis | <input checked="" type="checkbox"/> Dialysis/Diabetes |
| <input checked="" type="checkbox"/> Dialysis | <input checked="" type="checkbox"/> Transplant |

POTASSIUM CHECK ✓

Phosphorus and potassium in Asian noodles

Asian noodles are quick to cook and easy to use in a variety of dishes. They are readily available, fresh or dried, from Asian food stores. They have become so popular that you can even find many of the varieties in your local grocery store. With so many choices, they are quite easy to use in day-to-day cooking. You can add them to soups, salads, stir fries and spring rolls.

Similar to a traditional wheat noodle, like spaghetti or elbow macaroni, Asian noodles come in numerous shapes and sizes. Unlike a wheat noodle however, the texture of an Asian noodle can vary tremendously depending upon what it is made of.

Asian noodles are commonly made from rice flour, buckwheat flour, root vegetable and mung bean starches, tapioca flour or seaweed. Depending upon their key ingredients, Asian noodles can vary immensely in their potassium and phosphorus content. For example, cellophane noodles are made from water and bean starch and are thus very low in potassium and phosphorus compared to a noodle made from rice or buckwheat flour. Talk to your registered dietitian regarding how you can include Asian noodles in your diet.

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