

Harusame Salad

Minoru, a Japanese Exchange student that stayed with our neighbors around 1975

Servings: 8

Yield: 8 cups



Bean thread noodles with cucumber and ham

*1/4 cup rice vinegar
3 tablespoons soy sauce, low sodium
1 tablespoon sugar, I use palm sugar
150 grams Saifun Bean Threads, dried
bean noodle package, softened and cut in
roughly 3" lengths
1 large cucumber, or 1 large Japanese or
English Cucumber or 2-3 Persian
cucumbers cut in matchsticks.
6 ounces ham slices, Black Forest or
Canadian bacon works, cut in matchsticks
Garnish: toasted white sesame seeds,
chopped green cilantro, onion or chives
Additions: red bell pepper, seaweed, tofu,
carrots, shredded egg omlette, chicken*

Karen's recipe at tastingspoons.com

1. Mix together rice vinegar, soy sauce and sugar and set aside.
2. Set noodles in a deep dish and cover with boiling water, let stand about 20 minutes. Drain, rinse with cold water, drain well and chop into 3" lengths. Place cut noodles in mixing bowl.
3. Cut cucumber and Ham into 3" matchstick pieces and add to bowl with noodles.
4. Give sauce a final stir and pour over noodle mixture, toss all ingredients to mix well.
5. Let chill in refrigerator about 30 minutes before serving.
6. Use within 2 days.

Per Serving (excluding unknown items): 129 Calories; 4g Fat (25.0% calories from fat); 4g Protein; 20g Carbohydrate; trace Dietary Fiber; 13mg Cholesterol; 448mg Sodium; 3g Total Sugars; trace Vitamin D; 14mg Calcium; trace Iron; 152mg Potassium; 51mg Phosphorus. Exchanges: 1/2 Grain(Starch).