



Make LUNCH. Make CHANGE.

Make your lunch for one week and donate the money you saved to The Stop Community Food Centre.

Recipe: *Cold Noodle Salad with Miso-Walnut Dressing*

Ingredients:

Miso Walnut Dressing:

- ½ cup toasted walnuts
- ¼ cup olive oil
- 1 garlic clove
- 2 tbs miso paste
- 2 tbs white wine vinegar
- 1 tsp honey
- Salt to taste
- ¼ cup warm water

Salad Assembly:

- 1 or 2 servings of cooked pasta - whole wheat spaghetti or soba noodles work well

Other optional add-ins:

- Leftover cooked veggies – broccoli, squash or sweet potato
- Raw veggies like sliced cucumbers, shredded carrot and/or green onion are nice
- Handful of herb leaves or baby greens
- Toasted sesame or hemp seeds

Tip:

Think outside the box. There's more to brown-bag lunches than sandwiches. Cold noodles can be the base of an amazing lunch that doesn't need to be heated up. This recipe makes more dressing than you need. Save some for another dish - it makes a nice sauce for broccoli or sweet potatoes.

Directions:

1. Make dressing. Add walnuts, oil, garlic, miso, vinegar, honey, and salt to a food processor. Blend until a smooth paste forms, then slowly add the water to thin out the dressing. Taste to see if it needs more salt.
2. Assemble salad. Toss noodles with dressing (you might not need all the dressing), and add in other optional ingredients.

Makes 1-2 servings

Adapted from 101 Cookbooks (101cookbooks.com)



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