

GINGER, SESAME, ASPARAGUS AND LO MEIN SALAD

Yield: 13 Cups (4 oz.)



TOTAL TIME: 25 minutes

INGREDIENTS

- 1 bunch (about 1 lb.) Asparagus, trimmed
- 2 boxes (16 oz. each) Asian Classics Lo Mein Noodles, thawed per pkg. directions
- ½ red onion, thinly sliced (5 oz. total)
- 1 pkg. (10 oz.) Bolthouse Farms Premium Matchstix French-Cut Cooking Carrots
- Juice and zest of 1 lime
- 1 Tbsp. Sriracha Hot Chili Sauce
- 1 cup Wegmans Ginger Sesame Vinaigrette
- 2 Tbsp. JFC White Roasted Sesame Seeds
- 1 Tbsp. JFC Black Roasted Sesame Seeds
- 1 tsp. sea salt

PREPARATION

Preheat grill on medium-high 10 min.

1. Blanch asparagus by placing it for 2 min. in large pot of boiling salted water, and then transfer to bowl of ice water. Drain. Diagonally slice into 1-inch pieces. Add noodles to blanching water; blanch 2 min., drain and rinse with cold water.
2. Toss noodles, onion, carrots, lime zest and asparagus in large bowl.
3. Combine sriracha and lime juice in small bowl; add to noodle mixture. Toss.
4. Add vinaigrette, sesame seeds and salt. Toss to combine.

NUTRITION

Per serving: Calories: 170; Fat: 8 g; Cholesterol: 15 mg; Carbohydrates: 19 g; Protein: 6 g; Fiber: 3 g; Sodium: 230 mg.

Recipe courtesy of Wegmans