

Japanese Zucchini Noodle Salad with Miso Dressing

Yield: 4 min
Total Time: 20 min

Recipe from: <https://www.recipeschoose.com/recipes/japanese-red-miso-recipe>

Ingredients:

- 1 1/2 tablespoons red miso white/
- 1/4 teaspoon ground ginger
- 6 fresh basil leaves
- 1 tablespoon toasted sesame oil
- 1 tablespoon vegetable oil grapeseed or light
- 1 tablespoon tamari low-sodium, wheat free soy sauce
- 1/2 teaspoon pure maple syrup
- 1 tablespoon rice vinegar or mirin
- 1/2 tablespoon apple cider vinegar or fresh lemon juice
- 1 tablespoon water pure, or more if needed
- 2 zucchini large
- 1 orange bell pepper or red, trimmed and seeds removed
- 2 scallions
- 1 tablespoon toasted sesame seeds
- 1/2 sheet toasted nori optional

Nutrition:

1. Calories: 120 calories
2. Carbohydrate: 8 grams
3. Fat: 8 grams
4. Fiber: 2 grams
5. Protein: 3 grams
6. SaturatedFat: 1 grams
7. Sodium: 500 milligrams
8. Sugar: 5 grams

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