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*If Veterans don't help Veterans, who will?*

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## Pork and Noodle Salad

- 4 Ounces dried Chinese egg noodles or fine noodles, broken in half
- $\frac{3}{4}$  Pounds asparagus, trimmed and cut into 2-inch-long pieces
- 2 Carrots, cut into thin strips
- 8 Ounce(s) pork, lean cooked, cut into thin strips
- Sesame seeds
- Scallions (green onions)
- $\frac{1}{4}$  Cup soy sauce, less sodium
- 2 Tablespoon vinegar, rice
- 1 Tablespoon oil, salad
- 1 Tablespoon honey
- 1 Teaspoon oil, toasted sesame

- 1) Cook pasta according to package directions; drain.
- 2) If using fresh asparagus, cook in a covered saucepan in a small amount of boiling, lightly salted water for 4 to 6 minutes or until crisp-tender. (Or, if using frozen asparagus, cook according to package directions.) Drain well.
- 3) In a large bowl, combine noodles, asparagus, pork, and carrot. Cover and chill in the refrigerator for 2 to 24 hours.
- 4) To serve, pour Soy-Sesame Vinaigrette over salad; toss gently to coat. If desired, sprinkle salad with sesame seeds and green onions. Makes 4 servings.

### Soy-Sesame Vinaigrette:

In a 1-cup screw-top jar, combine  $\frac{1}{4}$  cup reduced-sodium soy sauce, 2 tablespoons rice vinegar or vinegar, 1 tablespoon salad oil, 1 tablespoon honey, and 1 teaspoon sesame oil. Cover and shake well to mix. Chill for 2 to 24 hours.

