

# ISLAND GROWN

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## HARVEST <sup>OF</sup> THE MONTH

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- July -

# CUCUMBERS

### SOBA NOODLES WITH CUCUMBER AND SPICY PEANUT SAUCE

**1/4 c. Smooth peanut butter or**  
(sunflower butter if you have a nut allergy)

**1 TBL. soy sauce**

**1 TBL. lemon or lime juice**

**1 clove garlic, minced**

**a pinch of red pepper flakes, optional**

**1/2 tsp. honey or maple syrup**

**6oz. Soba noodles**

**1 large or 2 small cucumber seeded  
and thinly sliced**

**3-4 scallions, thinly sliced**

**1/2 bunch cilantro, chopped**

*In a blender combine: peanut butter, soy sauce, lemon or lime juice, garlic, honey or maple syrup and hot water. Process until smooth, add red pepper flakes if you're using them.*

*Meanwhile, cook the Soba noodles according to package directions, drain and rinse under cool water. Transfer soba into pot and combine with peanut sauce. Add cucumber and scallions. Put everything into a serving bowl and sprinkle with chopped cilantro. Serve and enjoy*

*Recipe by Robin Forte*



*For more information visit*

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