

# Rainbow Stir-Fried Noodles

Serves 8



## Ingredients:

- 4 packs of ramen noodles, spice pouch discarded
- 2 tablespoons vegetable oil
- 2 tablespoons minced ginger (about a 2-inch piece)
- 4 garlic cloves, minced
- 2 scallion bunches, thinly sliced (green parts reserved for sauce)
- 2 carrots, peeled into ribbons
- 2 cups frozen broccoli florets
- ½ head red cabbage, thinly sliced (about 4 cups)
- 8 ounces mushrooms, sliced

## For the sauce:

- ¼ cup low-sodium soy sauce or tamari
- 2 teaspoons vegetable oil
- 3 tablespoons rice vinegar
- ½ bunch cilantro leaves, chopped
- Reserved scallion greens
- Pinch red pepper flakes (optional)

## Instructions:

1. Cook noodles according to package directions until almost cooked through (the noodles will continue to cook once they're added to the stir fry). Drain, rinse with cold water, and set aside.
2. Add oil to the skillet set to medium-high heat. Stir in ginger, garlic, and white parts of scallions and stir fry for about 1 minute or until aromatic.
3. Add in prepared vegetables and cook, stirring frequently, for about 4 to 6 minutes.
4. In a small bowl, combine soy sauce, oil, vinegar, cilantro, green parts of scallions, and red pepper flakes. Whisk well to combine.
5. Stir cooked noodles into the vegetable mixture and evenly pour sauce over the pan. Stir well to combine and coat noodles.
6. Serve hot and enjoy! Garnish with additional cilantro or scallion greens, if desired.

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Rainbow Stir-Fried Noodles [Heart-Healthy]		
<b>Nutrition Facts</b>		
<b>Serving Size</b>	<b>1 Serving</b>	
<b>Amount Per Serving</b>		
<b>Calories</b>	<b>241.9</b>	
	<b>% Daily Value*</b>	
<b>Total Fat</b>	5.1 g	7 %
Saturated Fat	0.8 g	4 %
Trans Fat	0 g	
<b>Cholesterol</b>	0 mg	0 %
<b>Sodium</b>	396.7 mg	17 %
<b>Total Carbohydrate</b>	43.4 g	16 %
Dietary Fiber	3.2 g	11 %
Total Sugars	3.7 g	
Added Sugars	0 g	0 %
<b>Protein</b>	5.7 g	
<b>Vitamin D</b>	0 mcg	0 %
<b>Calcium</b>	52.9 mg	4 %
<b>Iron</b>	1.2 mg	7 %
<b>Potassium</b>	391.9 mg	8 %
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.		
<a href="http://cronometer.com">Full Info at cronometer.com</a>		</>