

STANDARD RECIPE CARD

Recipe For Squiggly Noodles

Portion Size 4 oz Number Portions 12

Ingredient	x 1	x ____	Ingredient	x 1	x ____
Rice Noodles	2#				
Vegetable Stock (low sodium)	2 qt				
Nonstick Spray (like Pam)	Cover pan				
Garlic, minced	3 cloves				
Onions, chopped	1#				
Carrots, grated	1#				
Frozen or Fresh pea pods, cut in half	1#				
Other veggies	1#				
Low Sodium Soy Sauce	4 tbsp				

PROCEDURE

Cook rice noodles according to directions.

Heat a wok or frying pan and coat bottom with cooking spray.

Add garlic and onions and sauté for 1 minute until soft.

Add carrots, pea pods, and other veggies and sauté until pea pods are barely soft but still firm.

Add remaining stock and soy sauce. Stir to incorporate.

Drain noodles, add to mixture and toss to combine.

Serve hot.

Nutrition Facts

Servings Per Recipe: 12
Serving Size: 1 serving

Amount Per Serving	
Calories	130.0
Total Fat	0.9 g
Saturated Fat	0.2 g
Polyunsaturated Fat	0.3 g
Monounsaturated Fat	0.3 g
Cholesterol	0.0 mg
Sodium	384.3 mg
Potassium	195.7 mg
Total Carbohydrate	26.9 g
Dietary Fiber	3.4 g
Sugars	3.2 g
Protein	2.7 g
Vitamin A	48.6 %
Vitamin C	47.5 %
Calcium	4.5 %
Iron	21.5 %