



Rainbow Stir-Fried Noodles

Ingredients:

6 to 8 ounces thin rice or wheat noodles
(e.g. vermicelli, ramen, spaghetti, linguine,
or anything you have on hand)
1 Tablespoon ginger, minced
1 Tablespoon (3 cloves) garlic
1 bunch scallions, thinly sliced (greens
reserved for sauce)
1 bell pepper, thinly sliced
½ head red cabbage, thinly sliced
1 to 2 carrots, thinly sliced
1 zucchini, quartered and thinly sliced
4 ounces mushrooms, chopped

For the Sauce:

¼ cup low-sodium soy sauce or tamari
2 teaspoons vegetable oil
1 Tablespoon lime juice or rice vinegar
¼ cup each cilantro leaves & scallion greens
Pinch red pepper flakes

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 and set aside.
2. Add oil to the skillet, stockpot, or wok on medium-high heat. Stir in ginger, garlic, and white parts of scallion 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 or until vegetables reach desired texture.
4. In a small bowl, combine soy sauce, oil, 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. Serve hot and enjoy! *Garnish with additional cilantro or scallion greens, if desired.*