



Let's cook something delish!

Noodles and Veggie Stir-Fry

Serving Size: 1 cup
4 servings

Ingredients

10 oz buckwheat soba noodles	1 ½ cups fresh spinach, chopped
1 tsp canola oil	¼ cup chives (or scallions), diced
2 garlic cloves, minced	3 tsp soy sauce, low sodium
1 red bell pepper, chopped	2 tsp sesame oil
1 orange or yellow bell pepper, chopped	1 tbsp sesame seeds
1 zucchini, diced	

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Directions

1. Cook soba noodles according to package instructions, drain and set aside.
2. Heat medium saucepan over medium-high heat, add canola oil and sauté garlic for 2-3 minutes.
3. Add peppers and cook until softened.
4. Add zucchini and cook another few minutes.
5. Add spinach and chives, and cook 3-4 minutes.
6. Add soy sauce, sesame oil and sesame seeds. Cook together for 2-3 minutes more.
7. Place mixture over soba noodles and toss thoroughly before serving.

Find more delicious recipes at [hally.com/category/food-cooking](https://www.hally.com/category/food-cooking). Yum!

Calories: 370, Total fat: 7 g, Saturated fat: 1 g, Cholesterol: 0 mg, Sodium: 150 mg, Total Carbohydrate: 70 g, Fiber: 7 g, Total Sugars: 6 g, Protein: 11 g, Vitamin A: 35%, Vitamin C: 200%, Calcium: 6%, Iron: 15%

Source: www.eatright.org

Photo may include foods and ingredients that aren't a part of this recipe or included in the nutrition analysis.

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