

## **Elise's Sesame Noodles (vegetarian)**

Makes 8 servings, about 1 1/2 cups each

### **INGREDIENTS**

**1 pound whole-wheat spaghetti**  
**1/2 cup reduced-sodium soy sauce**  
**2 tablespoons sesame oil**  
**2 tablespoons canola oil**  
**2 tablespoons rice-wine vinegar or lime juice**  
**1 1/2 teaspoons crushed red pepper**  
**1 bunch scallions, sliced, divided**  
**1/4 cup chopped fresh cilantro, divided (optional)**  
**4 cups snow peas, trimmed and sliced on the bias**  
**1 medium red bell pepper, thinly sliced**  
**1/2 cup toasted sesame seeds**

### **INSTRUCTIONS**

1. Bring a large pot of water to a boil. Cook spaghetti until just tender. Drain; rinse under cold water.
2. Meanwhile, whisk soy sauce, sesame oil, canola oil, vinegar (or lime juice), crushed red pepper, 1/4 cup scallions and 2 tablespoons cilantro (if using). Add noodles, snow peas and bell pepper; toss to coat.
3. To serve, mix in sesame seeds and garnish with the remaining scallions and cilantro.

### **NUTRITION INFORMATION**

Per serving:

345 calories

12 g fat (2 g sat, 5 g mono)

0 mg cholesterol

51 g carbohydrate

12 g protein

10 g fiber

542 mg sodium