

Asian Noodles with Julienne Vegetables

Author: From a cooking class with Phillis Carey



1 pound spaghetti, or your choice of pasta, noodle type
1 tablespoon vegetable oil
3 tablespoons sesame seeds
2 teaspoons vegetable oil
1 tablespoon garlic, minced
1 cup rice vinegar, not seasoned type
1/2 cup low sodium soy sauce
2 tablespoons agave nectar, or 1/4 cup sugar
1/2 teaspoon red pepper flakes, crushed
4 whole carrots, julienned
4 stalks celery, thinly sliced on diagonal, or SUGAR SNAP PEAS or both
4 cups bean sprouts
1/3 cup green onions, chopped
1/2 cup cilantro, chopped

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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Per Serving (excluding unknown items): 592 Calories; 9g Fat (13.4% calories from fat); 20g Protein; 110g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 1278mg Sodium. Exchanges: 6 Grain(Starch); 0 Lean Meat; 2 1/2 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.

Carolyn T's
Main Cookbook

Servings: 4

Notes: Traditionally this would call for rice noodles, but Phillis prefers regular pasta. Be sure you don't use seasoned rice wine vinegar (which is sweet).

Description: Tasty with any Asian-inspired grilled meat (chicken, pork) or fish (salmon)

1. Cook the spaghetti in a large pot of boiling salted water until tender. Drain. Pour into a very large bowl and toss the pasta with a little bit of oil to keep it from sticking.
2. In a wok, stir the oil and sesame seeds over medium heat until the seeds are golden brown, about 2-4 minutes. Stir in the garlic and remove wok from the heat. Stir in vinegar, soy sauce, agave (or sugar) and red pepper flakes. Remove 1/2 cup of the dressing and set that aside.
3. To the sauce in the wok add the carrots, celery, bean sprouts, half the green onions and half the cilantro. (Do not heat the salad.) Toss it around well, so all the noodles are coated with some of the sauce. Using tongs, place some of the noodle salad on each serving plate, top with green onions and cilantro, then drizzle with the reserved dressing.