

Asian Spaghetti-Vegan

Prep Time: 10 minutes
Cook Time: 10 minutes
Total Time: 20 minutes

Serving Size: 4
Calories per serving: 397
Fat per serving: 3g

Ingredients

- 1 (8-ounce) package whole grain angel hair pasta
- 1 cup mushrooms, sliced
- 1 1/4 cups snow peas
- 2 medium carrots, cut into sticks
- 5 green onions, sliced
- 3 cloves garlic, minced
- 3 tablespoons low sodium soy sauce
- 1/2 teaspoon sesame seeds (optional)
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Instructions

1. Cook pasta according to package directions, drain and set aside.
2. While pasta is cooking, sauté mushrooms for 2 minutes, in a nonstick skillet over medium-high heat.
3. Add garlic, peas, carrots, onions and cook for 6-8 minutes more.
4. Add cooked pasta and soy sauce to the skillet, and mix until well combined.
5. Top with sesame seeds, if using, and serve.

Notes

Nutrition facts (per serving): Calories: 397, from fat: 21, total fat: 3g, cholesterol: 0mg, sodium: 450mg, total carbohydrate: 69g, fiber: 8g, sugar: 4g, protein: 20g.