

Glass Noodles - Vegan

Prep Time: 15 minutes
Cook Time: 20 minutes
Total Time: 35 minutes

Serving Size: 4
Calories per serving: 236
Fat per serving: 2 grams

Ingredients

- 1 (5 1/2-ounce) package glass noodles (mung bean noodles)
- 1/3 cup low sodium soy sauce
- 1/4 cup brown sugar
- 1 cup cold water
- 1 1/2 tablespoons ginger, chopped
- 1 1/2 carrots, shredded
- 1/2 cup Asparagus, chopped
- 1 1/2 tablespoons sesame seeds
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Instructions

1. Cook noodles according to package directions, and set aside.
2. Bring asparagus to a boil, for 3 minutes, then add the rest of the vegetables.
3. In a separate sauce pan, warm sugar, and soy sauce until sugar has dissolved completely.
4. When ready, mix sauce and seared vegetables, stir on low heat for 1-2 minutes.
5. Place cooked noodles in the sauce pan with the sauce and vegetables, and mix together until color has reached noodles.
6. Once cooled and ready to serve, top with sesame seeds.

Notes

Nutrition facts (per serving): Calories: 236, from fat: 17, total fat: 2g, cholesterol: 0mg, sodium: 746mg, total carbohydrate: 52g, fiber: 2g, sugar: 15g, protein: 4g.