

Szechuan Zoodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving Size: 4 ounces

Ingredients	Quantity	Measure
Sesame oil	1	tablespoon
Rice wine vinegar	1	tablespoon
Garlic, minced	4	cloves
Fresh ginger, grated	1	teaspoon
Red pepper flakes	½	teaspoon
Corn starch	2	teaspoons
Tamari or soy sauce, divided	¼	cup
Brown sugar	2	teaspoons
Zucchini, cut into long noodles	3	medium
Canola oil	1	tablespoon
Carrots, cut into thin strips	2	each
Red bell pepper, thinly sliced	1	each
Green bell pepper, thinly sliced	1	each
Scallions, thinly sliced	2	each

Preparation

1. In a medium bowl, combine sesame oil, rice wine vinegar, garlic, ginger, red pepperflakes, cornstarch and 1 tablespoon of tamari/soy sauce. Set aside.
2. In a small bowl, mix sugar and rest of the tamari/soy sauce. Set aside.
3. Use a mandolin or spiral cutter to ribbon zucchini and carrots. Set aside.
4. In a large hot skillet, add canola oil and stir fry carrots for 2-3 minutes. Add green and red peppers and cook for 2-3 minutes.
5. Add sesame oil mixture to cooked carrots and peppers.
6. Add sugar and tamari mixture to zucchini noodles and sauté for 2-3 minutes on medium heat.
7. Combine all ingredients.
8. Garnish with thinly sliced scallions.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 71 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 4g Protein: 2g Sodium: 305mg
Vitamin A: 165µg Vitamin C: 46mg Calcium: 26mg Iron: 1mg Folate: 35µg