

LoMein Street Noodles

Ingredients

- 8 oz whole grain spaghetti noodles
- 4-1/2 cups water
- 1 cup cabbage
- 2 tbsp onions
- 1 tsp garlic
- 1 tsp ginger root
- 1/4 tsp vegetable oil
- 1/4 tbsp sambal oelek chili sauce
- 2 tsp teriyaki sauce, low sodium

Notes

Number of Portions: 4

Serving Size: 1 cup

Nutrition Facts: 210 calories, 1.1 g fat, 0.2 g saturated fat, 77 mg sodium, 44.79 g carbohydrate, 6.05 g fiber, 1.1 g sugar, 8.79 g protein

Directions

1. Cook spaghetti in boiling water for 7-10 minutes or until tender but not mushy.
2. Shred cabbage, small dice onions, and mince garlic and ginger.
3. In a large braising pan on medium heat, add oil, onions, garlic, and ginger. Sauté until slightly brown.
4. Add cabbage and continue to cook for 2 minutes. Add chili sauce and teriyaki sauce and mix well. Gently stir in cooked noodles and heat until internal temperature reaches 165° F.

