

Chinese Spicy Noodles

This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 1 package (16 oz) **spaghetti**, uncooked
- 2 tablespoons vegetable **oil**
- 1 medium **onion**, finely diced
- 1 tablespoon **garlic**, minced
- 2 tablespoons **curry powder**
- 1 tablespoon **chili paste**
- 2 tablespoons **soy sauce**
- 2 cups **cabbage**, shredded (1/3 head)
- 1 cup **carrot**, shredded
- 1 cup **zucchini**, shredded
- 6 **green onions**, thinly sliced
- 2 large **tomatoes**, coarsely diced
- 1/4 cup **honey**
- 1/2 cup **peanuts**
- Lime wedges**

Directions:

1. Boil water in a large pot, add spaghetti and cook until tender, about 10 minutes.
2. Heat oil in a skillet over medium heat. Add onion and sauté about 4 minutes.
3. Stir in garlic, curry powder, chili paste, and soy sauce. Mix well.
4. Stir in cabbage, carrot, and zucchini and cook, stirring, 3 to 5 minutes.
5. Stir in green onions and tomatoes; continue to cook another 2 minutes.
6. Drain pasta and mix in vegetables, Add honey and toss.
7. Top with peanuts and serve with lime wedges.
8. Refrigerate leftovers within 2-3 hours.

Tips:

- Try adding 2 tablespoons peanut butter to increase protein.

Nutrition Facts

Serving Size 1 cup (227g)
Servings Per Container 10

Amount Per Serving	
Calories 290	Calories from Fat 70
% Daily Value*	
Total Fat 8g	12%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	11%
Total Carbohydrate 48g	16%
Dietary Fiber 4g	16%
Sugars 10g	
Protein 9g	
Vitamin A 45%	• Vitamin C 35%
Calcium 4%	• Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

10 servings, 1 cup each

Source: 2006. Julie Richardson, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, visit the OSU web site at <http://healthyrecipes.oregonstate.edu> (hp 2006)