Soba Noodles With Chinese Vegetables

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

This Asian-inspired dish is loaded with colorful vegetables that are left al dente for a great texture. It can be enjoyed hot or chilled.

About the Recipe

229 Calories · 9.8 g Protein · 6.4 g Fiber
Lunch · Dinner
Nut-free

Ingredients

Makes Four 2-c Servings

- 8-oz (227 g) package soba noodles
- 1/2 c (120 mL) low-sodium vegetable broth
- 1 small leek, white part only, washed and thinly sliced
- 1 tbsp (15 mL) fresh ginger root, minced
- 2 cloves garlic, minced
- 2 carrots, peeled, cut on a diagonal into half-moon slices
- 1 red bell pepper, cut into strips
- 1 c (145 g) sugar snap peas
- 1 savoy cabbage, sliced
- 2 tbsp (30 mL) reduced-sodium soy sauce
- 2/3 tbsp (20 mL) light brown sugar
- 1/2 bunch cilantro

Directions

1. Cook the noodles according to package directions. Drain, rinse, and set aside.
2. Heat 1/4 c (60 mL) broth in a wok or heavy skillet over medium-high heat. Add the leek and stir-fry for 2 minutes. Add the ginger, garlic, and carrots and stir-fry for 2 minutes.
3. Put in the bell pepper, snap peas, cabbage, and remaining 1/4 c (60 mL) broth. Cover and steam vegetables until they are tender, about 3 to 5 minutes. Add soy sauce and sugar and cook for 1 minute. Add the noodles to reheat.
4. Transfer the noodles onto a platter and top with cilantro to serve.

Nutrition Facts

Per serving (1/4 of recipe):

Calories: 229

Fat: 1 g

Saturated Fat: 0.2 g

Calories From Fat: 3.7%

Cholesterol: 0 mg

Protein: 9.8 g

Carbohydrate: 49.4 g

Sugar: 6.9 g

Fiber: 6.4 g

Sodium: 411 mg

Calcium: 53 mg

Iron: 2.5 mg

Vitamin C: 60.9 mg

Beta-Carotene: 2,953 mcg

Vitamin E: 1.3 mg