Rainbow Noodles

Source: Natural Vegan Kitchen by Christine Waltermyer

This colorful and easy-to-make dish creates a striking presentation. The rainbow of colorful vegetables provides a broad spectrum of vitamins and antioxidants.

About the Recipe

286 Calories · 8 g Protein · 5.3 g Fiber
Gluten-free · Nut-free

Ingredients

Makes 4 Servings

- 1/2 red onion
- 2 cloves garlic
- 1/2 inch (1.3 centimeters) ginger
- 1/8 teaspoon (0.6 milliliter) iodized salt **optional*
- 1/4 head red cabbage
- 1 carrot
- 8 ounces (227 grams) gluten-free noodles
- 1/2 head broccoli
- 1 cup (240 grams) cubed ready-made baked marinated tofu **optional*
- 1/2 cup (83 grams) corn kernels
- 1 tablespoon (15 milliliters) wheat-free tamari
- 2 teaspoons (10 milliliters) maple syrup
- 2 teaspoons (10 milliliters) brown rice vinegar
- 1/4 bunch fresh parsley

Directions

1. Heat the 2 tablespoons (30 mL) water in a large skillet over medium heat. Thinly slice the onion into half-moons. Add the sliced onion, minced garlic, peeled and minced ginger, and a pinch of salt (optional). Cook and stir for 3 minutes.
2. Add the cabbage, about 2 cups (218 g) thinly sliced, and 1 cup (122 g) matchstick-style carrots, and cook and stir for 1 minute. Cook the noodles according to the package directions.
3. Chop broccoli spears—about 1/2 cup (45 g). Add the cooked noodles, broccoli, tofu, corn (fresh or frozen), tamari, syrup (can use gluten-free brown rice syrup, if preferred), and vinegar. Stir gently. (I like to use bamboo cooking chopsticks for this.) Cover and cook for 5 to 10 more minutes, or until all the vegetables are tender but still brightly colored. Serve hot, garnished with the chopped parsley.
4. Note: To make homemade baked marinated tofu, preheat the oven to 350 F (177 C). Slice 14 ounces (397 g) of firm or extra-firm tofu into bite-size cubes. Spread the cubes in a single layer on a baking sheet and sprinkle them evenly with 1 tablespoon (15 mL) of wheat-free tamari. Bake for 30 minutes, carefully turning the cubes over after 15 minutes.

Nutrition Facts

Per serving:
Calories: 286
Fat: 3.1 g
    Saturated Fat: 0 g
    Calories From Fat: 9.2%
Cholesterol: 0 mg
Protein: 8 g
Carbohydrate: 66 g
Sugar: 6.4 g
Fiber: 5.3 g
Sodium: 290 mg
Calcium: 57 mg
Iron: 1.8 mg
Vitamin C: 47 mg
Beta-Carotene: 2,076 mcg
Vitamin E: 0.4 mg