Ginger Noodles

Source: Healthy Eating for Life to Prevent and Treat Cancer by Vesanto Melina, M.S., R.D.; recipe by Jennifer Raymond, M.S., R.D.

These delicious noodles are surprisingly easy to prepare.

About the Recipe

211 Calories · 8.8 g Protein · 4.5 g Fiber
Dinner

Ingredients

Makes 4 Servings

- 8 oz (227 g) soba noodles
- 3 tbsp (45 mL) seasoned rice vinegar
- 3 tbsp (45 mL) reduced-sodium soy sauce
- 2 tsp (10 mL) finely chopped fresh ginger
- 2 garlic cloves, minced
- 1 jalapeño pepper, finely chopped
- 2 green onions, finely chopped, including tops
- 1/4 c (4 g) chopped fresh cilantro **optional*

Directions

1. Cook noodles in boiling water according to package directions. When tender, drain and rinse.
2. Mix vinegar, soy sauce, ginger, garlic, jalapeno pepper, green onions, and cilantro, if using, then pour over cooked noodles and toss to mix.

Nutrition Facts

Per 1-cup serving

Calories: 211
Fat: 0.8 g
- **Saturated Fat:** 0.2 g
- **Calories from Fat:** 3.6%

Cholesterol: 0 mg
Protein: 8.8 g
Carbohydrates: 45.2 g
Sugar: 5.2 g
Fiber: 4.5 g
Sodium: 581 mg
Calcium: 32 mg
Iron: 1.9 mg
Vitamin C: 3.5 mg
Beta-Carotene: 48 mcg
Vitamin E: 0.5 mg