

Nutty Sesame Noodles

Prep Time: 10 minutes

Cook Time: 10 minutes

Total Time: 20 minutes

Servings: 4

Serving Size: ¼ of the recipe

Ingredients:

8 ounces soy-free shirataki noodles* (sub 3 zucchini)	1 tablespoon tomato paste
Small head broccoli, cut into florets	1 ½ teaspoons sesame oil
1 large carrot, cut into matchsticks	1 tablespoon sesame seeds
½ cucumber, cut into matchsticks	
1/3 cup almond or sunflowerseed butter plus 2 teaspoons	
3 tablespoons water	
1 ½ tablespoons maple syrup	
1 tablespoon seasoned rice vinegar	
2 tablespoon coconut aminos	

Directions:

1. If you are using zucchini instead of shirataki noodles, use a spiral slicer or veggie peeler to slice zucchini into noodles. If you are using shirataki noodles, drain the noodles from the bag through a colander and rinse in cold water for 1 minute.
2. Bring a pot of water to a boil, add the noodles, then reduce heat to a simmer and cook for 3 minutes.
3. Add the broccoli florets to the water and simmer an additional 3 minutes.
4. While your noodles and broccoli cook, combine almond butter, water, maple syrup, rice vinegar, coconut aminos, tomato paste and sesame oil in a large bowl and whisk until it is smooth and creamy.
5. Add the cooked noodles and broccoli to the sauce and mix until everything is well coated.
6. Serve with the carrots, cucumbers and sesame seeds sprinkled on top.

Tips and Tricks:

You can add whatever veggies you like to this - bell peppers or snow peas would be nice. This dish is just as good at room temperature or cold as it is hot.

*Shirataki noodles are a low-carb noodle found in the Asian food section or next to the miso in the cold Asian section. They are made from the root of a Japanese yam plant and contain some fiber but no bad carbs. You can find them at most natural grocery stores and some regular stores. Make sure to buy SOY FREE, as some shirataki noodles contain tofu. I like Miracle Noodle brand. If you cannot find them, substitute zucchini and use a spiral slicer.

Nutritional Information Per Serving:

Calories: 216.2
Fat: 14.5
Cholesterol: 0 mg
Sodium: 385.4 mg
Total Carbohydrate: 18.1 g
Dietary Fiber: 5.4 g
Sugars: 9.4 g
Protein: 5.9 g