



Yakisoba

Serves 10



Yakisoba

Ingredients

- 2 ½ lb. spaghetti, cooked
- 2 Tbsp. hoisin sauce
- 2 Tbsp. oyster sauce
- 2 Tbsp. low sodium soy sauce
- 2 oz. water
- 2 oz. ketchup
- 2 Tbsp. sugar
- 2 Tbsp. rice vinegar
- 1 Tbsp. corn oil
- 1 Tbsp. sesame oil
- 2 Tbsp. ginger, fresh, chopped
- 2 Tbsp. garlic, fresh, chopped
- ¼ cup scallions, 1" slices
- 6 oz. cabbage, fresh, shredded
- 6 oz. green kale, chopped
- 4 oz. shiitake mushrooms, remove stem and slice cap
- 4 oz. carrots, shredded
- 4 oz. red pepper, fresh, julienned

Directions

1. Cook and cool spaghetti noodles, oil lightly and set aside. Combine all sauce ingredients in a large bowl, stirring to combine. Set aside.
2. Heat a large sauce pan to medium high heat and add both kinds of oil. Add ginger, garlic and scallions and cook for 30 seconds. Add cabbage, kale, mushrooms, carrots and red peppers. Stir-fry for 2-3 minutes until cabbage begins to soften and mushrooms are cooked.
3. Add sauce to vegetable mix and stir well. Re-heat pasta in a sauce pan with ¼" of water and bring to a simmer. Drain excess water and add pasta to the vegetable mix. Stir to mix all ingredients and simmer for 30 seconds. Sprinkle with sesame seeds go garnish before serving.

Nutritional facts per 1 serving (6 oz.):

Calories 290, Total Fat 5g (8%), Saturated Fat .5g (4%), Cholesterol 0mg (0%), Sodium 530mg (20%), Total Carbohydrate 51g (15%), Dietary Fiber 5g (20%), Total Sugars 8g, Protein 9g