

"Five Happiness" Fried Noodles



Nutrition tips:

The different vegetables used in this recipe bring in different colors, antioxidants and health benefits. The large amount of vegetables in this recipe adds vitamins, fiber, color and texture to the noodle. The vegetables also add moisture, which means less oil is needed. The term "julienne" means thin strips.

Nutrition information per serving:

Calories: 425

Cholesterol: 1 mg

Carbohydrates: 77 g

Total fat: 6 g

Sodium: 445 mg

Protein: 16 g

Saturated Fat: 1 g

Fiber: 6 g

Makes 5 servings (1 serving = 1½ cup)

Ingredients:

- 10 cups of water
- 1 pound egg noodles
- 1 tablespoon vegetable or olive oil, divided
- 3 cups bean sprout
- 1 cup bamboo shoots, julienned (sliced thinly in strips)
- ½ cup shredded carrots
- ½ cup dried shiitake mushrooms, soaked, stems removed, and julienned
- 2 green onions, julienned
- ½ teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce

Instruction:

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or "al-dente," approximately 5 - 7 minutes, drain and set aside.
2. Heat a nonstick wok or pan over high heat. Add ½ tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining ½ tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
4. Return noodles to the wok, add salt, sugar and soy sauce. Stir to combine and serve.