



COMMUNITY GARDEN

SESAME NOODLES AND THE KITCHEN SINK

1. This recipe is very adaptable. It's different every time!

Use about a 3/4 pound whole wheat spaghetti. Boil, drain, cool and break into pieces.

2. SAUCE

Heat the following until it sizzles:

3-4 T sesame oil
3 chopped scallions
1-2 cloves garlic chopped
Ginger chopped
1 t brown sugar

3. Add and stir together
Red pepper flakes
2-3 T soy sauce
1-2 T peanut butter
Juice of 1 lime
4. Mix sauce with noodles.
5. Pack in the veggies - whatever you have...
Grated carrot
Cauliflower
Corn
Peas
Edamame
Arugula, kale, spinach
Broccoli
Bell pepper
Green beans
Snap peas
6. You could also add a protein - chicken, tofu...