

Sesame Noodles (Hot or Cold)

Prep **Total**
20 min 20 min

Serving: 8

Ingredients

- 1 pound **whole-wheat spaghetti**
- $\frac{1}{4}$ cup **soy sauce** *reduced-sodium*
- 2 T **sesame oil**
- 1 T **rice-wine vinegar** *or apple cider vinegar, or lime juice*
- 1 clove **minced garlic** *(if buying in jar, avoid added oil)*
- 2 T **minced ginger** *optional*
- $\frac{1}{2}$ - 1 teaspoons **crushed red pepper** *optional, if you like it hot*
- 1 bunch **scallions** *sliced, divided (optional)*
- $\frac{1}{4}$ cup **chopped fresh cilantro** *divided (optional)*
- 1 medium **red bell pepper** *thinly sliced*
- 4 cups **snow peas** *trimmed and sliced on the bias*
- $\frac{1}{2}$ cup **toasted sesame seeds**
- 1 cup **grated carrots**

Directions

Bring a large pot of water to a boil. Cook spaghetti until just tender, 9 to 11 minutes or according to package directions. Drain; rinse under cold water.

Meanwhile, whisk soy sauce, sesame oil, vinegar (or lime juice), garlic, ginger, crushed red pepper, $\frac{1}{4}$ cup scallions and 2 tablespoons cilantro (if using). Add noodles, snow peas, bell pepper and carrots; toss to coat.

To serve, mix in sesame seeds and garnish with the remaining scallions and cilantro.

Make Ahead Tip: Prepare up to 2 hours in advance, and garnish just before serving.

Note: In photo, I used 1 lb of frozen broccoli, steamed, and 1 cup frozen edamame with red bell pepper.

