



Recipe Details

Recipe Name - Garlic Sesame Noodles

Recipe Steps -

Ingredients

- 8 oz whole wheat pasta, cooked (or pasta of your choice)
- 1/2 large bell pepper, chopped
- 1 carrot, chopped
- 3 green onions, chopped
- 1 Tbsp toasted sesame seeds
- 1 tsp garlic powder
- 1/4 cup tamari
- 1 Tbsp garlic, minced
- 2 1/2 Tbsp date paste
- 1 Tbsp chili garlic paste (optional but really adds to the taste)

Instructions

- 1) Boil noodles according to the directions
- 2) Toast sesame seeds in a hot skillet for 1 minute
- 3) Saute bell pepper, carrot, and green onions in water until soft
- 4) Add remaining ingredients to soft veggies, toss quickly, and add cooked noodles
- 5) Enjoy!

