

Asian Noodle Bowl

Serves 6

Ingredients:

- 1 pound egg noodles (uncooked)
- 2 teaspoons vegetable oil
- 2 cloves garlic
- 1 teaspoon chili powder
- 1 can low-sodium mixed vegetables (about 15 ounces, drained)
- 3/4 cup water
- 1/4 cup barbecue sauce
- 1 tablespoon peanut butter
- 1/4 cup roasted peanuts (chopped)



Nutrition Facts

Serving Size (200g)		Servings Per Container	
Amount Per Serving			
Calories 390	Calories from Fat 80		
		% Daily Value*	
Total Fat 9g			14%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 95mg			32%
Sodium 300mg			13%
Total Carbohydrate 64g			21%
Dietary Fiber 5g			20%
Sugars 9g			
Protein 14g			
Vitamin A 35%		Vitamin C 2%	
Calcium 2%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Directions:

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

Tip: Try adding chopped cooked chicken, turkey, pork, or beef to the vegetable mixture. Use green beans, frozen broccoli, or fresh chopped squash and/or carrots.

Asian Noodle Bowl

Serves 6

Ingredients:

- 1 pound egg noodles (uncooked)
- 2 teaspoons vegetable oil
- 2 cloves garlic
- 1 teaspoon chili powder
- 1 can low-sodium mixed vegetables (about 15 ounces, drained)
- 3/4 cup water
- 1/4 cup barbecue sauce
- 1 tablespoon peanut butter
- 1/4 cup roasted peanuts (chopped)



Nutrition Facts

Serving Size (200g)		Servings Per Container	
Amount Per Serving			
Calories 390	Calories from Fat 80		
		% Daily Value*	
Total Fat 9g			14%
Saturated Fat 2g			10%
Trans Fat 0g			
Cholesterol 95mg			32%
Sodium 300mg			13%
Total Carbohydrate 64g			21%
Dietary Fiber 5g			20%
Sugars 9g			
Protein 14g			
Vitamin A 35%		Vitamin C 2%	
Calcium 2%		Iron 20%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

Directions:

1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

Tip: Try adding chopped cooked chicken, turkey, pork, or beef to the vegetable mixture. Use green beans, frozen broccoli, or fresh chopped squash and/or carrots.