

Vegetable Stir Fry with Pad Thai

Entrée



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Serves: 4

Items Needed: pot, colander, cutting board, knife, large skillet, small bowl, spatula, tongs

Ingredients:

- 8 ounces rice noodles
- 2 tbsp sesame oil OR 2 tbsp olive oil
- ½ cup broccoli- chopped
- ½ cup shredded carrots
- ½ cup red bell pepper - sliced
- ½ cup white onions - sliced
- ½ cup mushrooms
- 1 tbsp garlic- chopped
- 1 tbsp soy sauce
- 1 tbsp maple syrup
- 1 tsp black pepper
- 1 tbsp peanut butter
- 1 tbsp coconut milk
- ¼ cup cashews



Directions:

1. Cook noodles according to directions on package.
2. In a large skillet heat oil of choice for 1 minute over medium heat.
3. Add broccoli to skillet and cook for 2 minutes. Add shredded carrots, red bell pepper and white onions to broccoli in skillet, cook for 3 minutes. Add mushrooms to skillet and cook for 3 minutes.
4. While mushrooms are cooking in a small bowl mix garlic, soy sauce, maple syrup, black pepper, peanut butter and coconut milk.
5. Reduce heat to low, add rice noodles to skillet and pour sauce over vegetables. Toss well to coat noodles and vegetables with sauce.
6. Remove from heat, top with cashews as a garnish and enjoy!

Nutrition Information (per ¼ of recipe):

Calories: 377 Fat: 13 g Carbs: 59 g Protein: 8 g Sodium: 382 mg

<https://wexnermedical.osu.edu/nutrition-services>