

Cellophane Noodles with Shredded Carrots and Zucchini

Cellophane (mung bean) noodles don't need boiling water to tenderize, they just need to soak in hot water for 10 minutes. That makes prep work and clean-up a breeze. The noodles are sold next to the other Asian noodles in the grocery store.

Serves 4

Prep time: 10 minutes

Cooking time: 10 minutes

8 ounces cellophane noodles

1 tablespoon olive oil

2 cups shredded carrots

1 medium zucchini, shredded

3 tablespoons reduced-sodium soy sauce

2 tablespoons chopped fresh cilantro

Place the noodles in a large bowl and pour over enough hot water to cover by about 1 inch (water can be from the tap, just as hot as you can get it). Let stand 10 minutes.

Meanwhile, heat the oil in a large skillet over medium-high heat. Add the carrots and zucchini and cook for 3 to 5 minutes, until the vegetables are soft and golden brown. Drain the noodles and add them to the pan with the soy sauce. Cook for 1 to 2 minutes to heat through. Remove from heat and stir in the cilantro. Season to taste with salt and freshly ground black pepper.

Nutrients per serving: Calories: 266, Fat: 4g, Saturated Fat: 0g, Cholesterol: 0mg, Carbohydrate: 56g, Protein: 2g, Fiber: 2g, Sodium: 421mg