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)

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.



Nutrition Facts

Serving Size (200g) Servings Per Container

Amount Per Serving	1	
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		

Drotoin 14a

		2%		
Calcium 2% •		Iron 20%		
diet. Your daily values may be higher or lower depending on your calorie needs:				
Less than Less than Less than Less than	65g 20g 300mg 2,400mg 300g 25g	80g 25g 300mg 2,400mg 375g 30g		
	alues are bar alues may be our calorie ne Calories: Less than Less than Less than	alues are based on a 2,6 alues may be higher or i sur calorie needs: Calories: 2,000 Less than 65g Less than 20g Less than 300mg Less than 3,400mg ate 300g		

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ay ie r	be higher or needs:	
68:	2,000	2,500
		ie needs: es: 2,000

	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 gran	mc		

Fat 9 . Carbohydrate 4 . Protein 4





Kansas State University Agricultural Experiment Station

and Cooperative Extension Service

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This material was funded by USDA's Supplemental Nutrition This interial was indeed by Osabs Suppliermental Notificial Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equa opportunity employer and provider. SNAP provides nutrition assistance to people with low income.

It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689





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