

# VITAMIN

Vital health information in a minute

## WHOLE WHEAT SESAME NOODLES

Try out this yummy sesame noodles recipe. A perfect meal for any time of the day.

### Ingredients:

- › ½ pound whole wheat spaghetti
- › ½ cup tamari
- › 3 tablespoons sesame oil
- › 2 tablespoons rice vinegar
- › 1 lime, juiced
- › 1 bunch scallions, sliced
- › 1 red pepper, julienned
- › ½ pound snow peas, cleaned, julienned
- › 1 teaspoon chile flakes
- › ¼ cup toasted white sesame seeds
- › ¼ cup black sesame seeds
- › 1 teaspoon cornstarch slurry (blended with equal parts cold water)
- › 1 teaspoon ginger, minced
- › 1 tablespoon kosher salt (for pasta water)

### Directions:

Boil noodles in lightly salted water, following instructions on the box. In a sauté pan over medium-high heat, add oil, ginger and sauté peppers. Add tamari, rice vinegar and lime juice. Add slurry and let cook 1-2 minutes to thicken. Add cooked pasta, snow peas, scallions, sesame seeds and chile flakes.



[Click here to watch a video of this recipe being made.](#)

**Together, all the way.®**



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