



Five Happiness Fried Noodles



Makes: 5 servings

Total Cost: \$\$\$\$

Enjoy carrots, bamboo shoots, mushrooms, bean sprouts, and green onions with fried noodles and a simple sauce.

Ingredients

- 10 cups water
- 1 pound egg noodles
- 1 tablespoon olive oil (or vegetable oil, divided)
- 3 cups bean sprouts
- 1 cup bamboo shoots (julienned sliced thinly in strips)
- 1/2 cup carrots (shredded)
- 2 dried shiitake mushrooms (or about 1/2 cup, soaked, stems removed, and julienned)
- 2 green onions
- 1/2 teaspoon salt
- 1 teaspoon sugar
- 1 tablespoon soy sauce, reduced sodium

Directions

1. Wash hands with soap and water.
2. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or “*al dente*,” approximately 5 to 7 minutes; drain and set aside.
3. Heat a non-stick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
4. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
5. Return noodles to the wok, add salt, sugar and soy sauce.
6. Stir to combine and serve.

Notes

Learn more about:

- [Carrots](#)
- [Mushrooms](#)
- [Onions](#)

Source:

EatFresh

California Department of Social Services

Nutrition Information

Serving Size: 1 1/2 cup

Nutrients	Amount
Total Calories	422
Total Fat	8 g
Saturated Fat	2 g
Cholesterol	76 mg
Sodium	456 mg
Carbohydrates	73 g
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	1 g
Protein	15 g
Vitamin D	0 mcg
Calcium	65 mg
Iron	5 mg
Potassium	384 mg

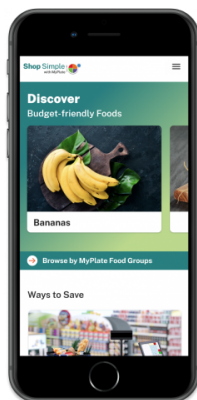
N/A will display when nutrient data is unavailable

Please note: nutrient values are subject to change as data is updated

MyPlate Food Groups



- Vegetables3/4 cups
- Grains3 1/2 ounces



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MyPlate.gov is based on the *Dietary Guidelines for Americans, 2020-2025*

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