



Spicy Shirataki Noodles

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This supper dish is based on Thai drunken noodles.



Ingredient List

Serves 4

- 4 Tbs. gluten-free, reduced-sodium tamari
- 2 1/2 Tbs. lime juice
- 1 Tbs. light brown sugar
- 2 tsp. sriracha sauce
- 1 Tbs. grapeseed oil
- 2 Tbs. chopped jalapeño chile
- 3 cloves garlic, minced (1 Tbs.)
- 1 onion, sliced (1 cup)
- 1 red bell pepper, sliced
- 1 yellow bell pepper, sliced
- 2 8-oz. pkg. tofu shirataki fettuccine, prepared according to package directions
- 1/2 cup fresh basil leaves, torn

Directions

1. Whisk together tamari, lime juice, brown sugar, and sriracha in bowl. Set aside.
2. Heat oil in wok over medium-high heat. Add jalapeño and garlic, and cook 1 minute. Add onion and bell peppers, and stir-fry 5 minutes. Add tamari mixture and shirataki, and simmer 3 to 5 minutes, then toss with basil.

Nutritional Information

Per 1 1/2-cup serving: Calories: 130, Protein: 5g, Total fat: 4g, Saturated fat: <1g, Carbs: 19g, Cholesterol: mg, Sodium: 770mg, Fiber: 4g, Sugars: 8g

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