



Heart & Home
Wellness Table Series



Ronald McDonald
House Charities®
Central Ohio

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Noodles and Veggie Stir-Fry

If you like spaghetti, chances are, you'll love buckwheat soba noodles. This delicious stir-fry recipe is as bright and colorful as it is nutritious! The abundance of fresh vegetables ensures that it is packed with lots of vitamins, minerals and dietary fiber. Don't worry — it's quick and easy and can be prepared by the whole family.

Serving Size: 1 cup | Servings: 4



NUTRITION NOTES

- Hearty and wholesome, **buckwheat soba noodles** provide a satisfying base rich in complex carbohydrates and plant-based protein to fuel energy and support overall wellness.
- Crisp and colorful, **bell peppers** bring vibrant flavor and a boost of vitamins and antioxidants that brighten both the plate and the palate.
- Nutty and fragrant, **sesame oil and seeds** add depth and warmth, enhancing the dish's flavor without adding excessive fat or sodium.
- Fresh and delicate, **spinach and chives** lend a subtle earthiness and a tender texture, while packing in fiber and essential nutrients for a nourishing meal.

Noodles and Veggie Stir-Fry

INGREDIENTS

- 10 ounces buckwheat soba noodles
- 1 teaspoon canola oil
- 2 garlic cloves, minced
- 1 red bell pepper, chopped
- 1 orange or yellow bell pepper, chopped
- 1 zucchini, diced
- 1½ cups fresh spinach, chopped
- ¼ cup chives (or scallions), diced
- 3 teaspoons low-sodium soy sauce
- 2 teaspoons sesame oil
- 1 tablespoon sesame seeds

INSTRUCTIONS

1. Cook soba noodles according to package instructions, drain and set aside.
2. Heat medium saucepan over medium-high heat, add canola oil and sauté garlic for 2 to 3 minutes.
3. Add peppers and cook until softened.
4. Add zucchini and cook another few minutes.
5. Add spinach and chives, and cook 3 to 4 minutes.
6. Add soy sauce, sesame oil and sesame seeds. Cook together for 2 to 3 minutes more.
7. Place mixture over soba noodles and toss thoroughly before serving.

Nutrition Profile: Moderate-Protein | Low-Fat | Low-Sodium | Fiber-Rich | Vitamin-Packed | Plant-Based

NUTRITION FACTS *(per serving)*

Serving Size: 1 cup | Servings Per Recipe: 4 | Calories: 370

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|--------------------------|--------------------|------------------|
| • 7g Total Fat | • 7g Dietary Fiber | • 35% Vitamin A |
| • 1g Saturated Fat | • 6g Sugar | • 200% Vitamin C |
| • 0mg Cholesterol | • 11g Protein | • 6% Calcium |
| • 70g Total Carbohydrate | • 150mg Sodium | • 15% Iron |

**Nutrition information provided directly by Eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*