Asian Noodles with Green Beans

Makes 4 servings

Ingredients

- 3 tbsp of canola oil
- 1 tsp of sesame oil
- 3 tbsp of rice vinegar
- 1 tbsp of soy sauce
- 1 tsp of sugar
- 1 slice of ginger - finely minced
- few dashes of hot sauce
- ½ lb of green beans - cut 2" diagonally
- 12 oz of asian style
- 6 whole scallions - sliced
- 1 cup of fennel or celery - thinly sliced
- 1 tbsp of sesame seeds - lightly toasted

Directions

- Whisk together the canola oil, sesame oil, vinegar, soy sauce sugar, ginger and hot pepper sauce until the sugar is dissolved
- Steam the green beans until tender, about 5 min.
- Quickly rinse in cold water to maintain the lush green colour.
- Bring the water back to a rapid boil and cook the noodles until tender but not mushy, according to package directions. If there are no directions, start testing after 2 minutes. Drain and rinse the noodles in cold water.
- Toss the noodles with the dressing in a large salad bowl.
- Add the green beans, scallions, and fennel and toss again.
- Sprinkle with sesame seeds.

Nutrients (approximately)

241 Calories per serving,
Fat 12.4g, Saturated Fat 0.8g, Cholesterol 4.4mg,
Sodium 300.3mg, Carbohydrates 27.7g, Fiber 3.9g,
Sugars 2.3g, Protein 5.6g

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