



Haluski and Veggies

Servings 4 | Prep time 10 mins. | Total time 30 mins.

Equipment: Large Frying Pan With Sides, Large Pot, Colander or Strainer, Measuring Cups and Spoons

Utensils: Mixing Spoon

Ingredients

12 ounces egg noodles
2 tablespoons olive or vegetable oil
4 cloves garlic, minced or 2 ¼ teaspoons garlic powder
2 tablespoons low sodium soy sauce
16 ounces fresh mushrooms or 1 6.5 ounce can no salt added canned mushrooms, drained
1 small head green cabbage, shredded
1 large white or yellow onion, diced
½ teaspoon salt
½ teaspoon black pepper

Instructions

For the Noodles:

1. Before you begin, wash your hands, surfaces, tops of cans, produce, and utensils.
2. Boil a pot of water and cook egg noodles according to the package directions, cooking until just tender.
3. Drain egg noodles, rinse with cold water and set aside.

For the Veggies:

1. In a large frying pan with sides, add oil and garlic. Once the garlic begins to brown, add the soy sauce, mushrooms, cabbage, and onion stirring occasionally. Simmer over medium heat until the veggies begin to soften and lightly brown. Add salt and pepper.
2. Add the cooked egg noodles and mix to combine.

Nutritional Information:

Calories 280
Total Fat 10g
Sodium 625mg
Total Carbs 40g
Protein 11g