



Haluski and Veggies

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

Equipment:

Large frying pan with sides
Large pot
Colander

Utensils:

Mixing spoon
Measuring cups and spoons

Ingredients

12 ounces egg noodles
2 tablespoons olive oil OR vegetable oil
4 cloves garlic, minced OR 4 teaspoons garlic powder
2 tablespoons lite 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
1/2 teaspoon salt
1/2 teaspoon black pepper

Instructions

For the Noodles:

1. Before you begin, wash your hands, surfaces, tops of cans, utensils, and produce.
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. Set aside.

For the Veggies:

1. In a large sauté 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