

A top-down view of a white ceramic bowl with a blue marbled pattern, filled with a vibrant noodle dish. The dish features thin, light-colored spaghetti-style noodles coated in a dark sauce. Topped with golden-brown pan-fried tofu cubes, sliced mushrooms, fresh broccoli florets, sliced red bell peppers, and shredded orange carrots. The dish is garnished with fresh green cilantro leaves and a sprinkle of white sesame seeds. A slice of lime is visible in the bottom right corner of the frame.

What Eating
The Rainbow
can look
like!!!

Rainbow Sesame Noodles

Each color represents
various health
benefits,
so they aren't just
DELICIOUS they're
NUTRITIOUS too.

RAINBOW SESAME NOODLES



INGREDIENTS

- 1 package dried spaghetti, soba, or Asian noodles
- 2-3 tablespoons sesame seeds
- ½ head of broccoli, broken into little florets
- 1 cup cherry tomatoes, halved
- 1 bunch scallions, diced
- 1 cucumber, sliced into matchsticks
- 1 cup purple cabbage, thinly sliced
- 1 yellow or orange bell pepper, sliced into thin matchsticks
- 1 carrot, sliced into thin matchsticks
- 1 cup corn (fresh, frozen, or canned and drained)

SUPPLIES

- Medium Saucepan
- Measuring Spoons
- Wooden Spoon
- Chef's Knife
- Cutting Board

RAINBOW SESAME NOODLES cont.



DIRECTIONS cont.

- 1. Prepare the noodles:** Follow the instructions on the package to make the noodles; Rinse under cold water when done and drain them in the colander.
- 2. Make the honey ginger dressing:** See the following recipe.
- 3. Toast the sesame seeds:** In a dry medium skillet over medium heat, heat sesame seeds until fragrant and golden brown. Set aside for later.



RAINBOW SESAME NOODLES^{cont.}

SERVING SUGGESTIONS

- **Add Greens:** Toss in spinach or kale for extra nutrients and a burst of color.
- **Include Legumes:** Mix in edamame or chickpeas for a protein boost.
- **Top with Nuts:** Sprinkle chopped almonds or walnuts for crunch and healthy fats.

Add any of these to make your noodles even more delicious and nutritious, (and aligned with the ACLM Plate guidelines).

Enjoy! 🌈🥗😊

DIRECTIONS^{cont.}

4. **Cut the vegetables:** Using a knife, cut the cucumber, scallions and red pepper into thin strips, use a vegetable peeler or mandolin to slice the carrot. Put them in a bowl along with any other vegetables you'd like to add.
5. **Combine the noodles in the bowl:** Add the cold noodles to the bowl with the veggies and drizzle the dressing over top until everything is well coated. Sprinkle toasted sesame seeds over top.
6. **Put the noodles in the fridge:** Let them sit in the fridge to allow the flavors to build (1 hour or more but it'll still taste great if you simply can't wait!

HONEY GINGER DRESSING



INGREDIENTS

3 inch fresh ginger
5 cloves garlic
1 bunch cilantro
8 tablespoons honey
 $\frac{3}{4}$ cup soy sauce

$\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup rice wine vinegar
 $\frac{3}{4}$ cup extra virgin olive
oil
1 tbsp red pepper flakes
3-4 limes
Black pepper

SUPPLIES

Microplane/ Grater
Chef's Knife
Cutting Board
Measuring Spoons
Whisk
Wooden Spoon

DIRECTIONS

1. **Grate the ginger and chop the garlic and cilantro:** Using a grater or a microplane, grate the ginger into a bowl. Finely chop the garlic and cilantro and add to the bowl.
2. **Add the other ingredients and the juice of 3-4 limes.** Whisk to combine or add ingredients to a jar with a tight lid and shake vigorously until well blended.
3. **TASTE and adjust the seasonings as needed:** Add more cilantro and some black pepper if you like.

SUBSTITUTIONS

AROMATICS

Red
Onions/Scallions
/Bell Peppers/
Ginger



PRODUCE

Anything you'd normally
have in a stir fry that can
be eaten raw:

cauliflower/ green
cabbage/ brussel sprouts/
radishes/
green peas



PANTRY ITEMS

Any grains you like:
rice/ farro/ quinoa
Liquid aminos/
coconut aminos/
tamari/ worcestershire
sauce



SWEETENER

Maple syrup/
raw, natural
honey/ coconut
sugar



ACID

Apple cider
vinegar/
lemon/ white
wine vinegar



FAT

Oils: Sesame oil/
avocado oil
Nuts + Seeds:
Crushed peanuts/
cashews/ slivered
almonds/ chia seeds/
sunflower seeds



HERBS

Parsley/
culantro
(chadon beni) /
thyme/ dried
herbs

