

Garlic Noodles

Any dried wheat noodles will work in this recipe, but the best flavor will come from fresh noodles available at Asian markets, or in the produce section of your supermarket.

INGREDIENTS:

- 1 pound fresh egg or wheat noodles
- 2 tablespoons vegetable oil
- 1 tablespoon chopped garlic
- 2 tablespoons soy sauce
- ½ tablespoon sugar
- ½ teaspoon dried chile flakes or to taste
- 4 green onions, cut across into 1-inch pieces
- 2 tablespoons chopped cilantro

INSTRUCTIONS: Bring a pot of water to a rolling boil. Stir in noodles. Cook until just done, about 2 to 3 minutes depending on thickness. Remove from heat; rinse in cool water and drain completely.

Heat oil in a nonstick skillet over moderate heat. Add garlic; stir until fragrant and golden (not brown), about 20 seconds. Add soy sauce, sugar, chile flakes and half of the green onions. Add noodles and stir to separate. Using chopsticks or tongs, turn noodles until they're thoroughly hot and evenly coated with oil. Add remaining onions and the cilantro and transfer to a serving plate.

Serve hot or at room temperature.

Serves 2

PER SERVING: 800 calories, 18 g protein, 139 g carbohydrate, 17 g fat (1 g saturated), 0 cholesterol, 2,395 mg sodium, 1 g fiber

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