



Spicy Rainbow Peppers with Brown Rice Noodles



SERVES
4

Nutrition Facts

servings per container
Serving size (132g)

Amount per serving
Calories 240

% Daily Value*

Total Fat 4.5g	6%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 690mg	30%
Total Carbohydrate 45g	16%
Dietary Fiber 1g	4%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 5g	
Vitamin D 0mcg	0%
Calcium 18mg	2%
Iron 0mg	0%
Potassium 153mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients

- 7 ounces, brown rice noodles (1/2 of a 14-ounce package), cooked
- 2 tablespoons soy sauce
- 1 tablespoon rice wine vinegar
- 1 tablespoon hot chili sauce
- 2 tablespoons ginger, minced
- 1 tablespoon garlic, minced
- 1 tablespoon canola oil
- 1 large red bell pepper, cut in 2-inch slices
- 1 large yellow bell pepper, cut in 2-inch slices
- 4 green onions, chopped
- ¼ cup cilantro, chopped (optional)
- Salt and pepper to taste

You can find brown rice noodles in many supermarkets. To pump up the protein content of this dish add thinly sliced chicken breast, lean strips of beef, shrimp, tofu or edamame! Or serve with a soft boiled egg on the side.

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Equipment

- Chef's knife
- Cutting board
- Medium bowl
- Wok or large skillet
- Measuring spoons
- Cooking utensils
(i.e. Wooden spoon)



Directions

1. Combine the soy sauce, rice wine vinegar, hot chili sauce, and half the garlic and ginger in a bowl. Whisk ingredients together and set aside.

*If you are adding protein, mix into sauce and set aside.

2. Heat the canola oil a wok or a large skillet over medium-high heat, and add the bell peppers. Stir-fry for one to two minutes, and add the green onions and remaining garlic and ginger. Stir-fry for an additional one minute.

3. Add the sauce to coat the peppers.

*If you added protein, stir-fry until fully cooked.

4. Add the noodles and toss together until the noodles are hot, and remove from the heat. Mix in the optional cilantro, stir and serve.