

Sesame Noodles WITH ASPARAGUS & CARROTS

INSTRUCTIONS: Simply cut along the dotted line and fold the recipe card in half along the fold line. Seal the top with tape or glue and drop it in your recipe box for future inspiration!



FOUR: In a large bowl, add asparagus, carrots and scallions. Add spaghetti and sesame dressing; toss to combine. Sprinkle mixture with sesame seeds. Serve warm or chilled.

Nutritional Bonus: Tahini, a paste made from ground sesame seeds, is rich in beneficial minerals such as copper (in fact, a single serving of this recipe offers almost 30% of your daily requirement). Copper plays a key role in the production of collagen – a component of bones, connective tissue and hemoglobin, the main iron in red blood cells.

INSTRUCTIONS:

ONE: Bring a large pot of water to a boil. Meanwhile, prepare sesame dressing: In a small bowl, whisk together tahini, oil, vinegar, 2 tsp water, honey, crushed red pepper and salt; set aside.

TWO: Add spaghetti to boiling water and cook until al dente, according to package directions; drain.

THREE: While pasta is cooking, add about 2 inches of water to another saucepan, then fit with a steamer basket. Bring water to a boil. Add asparagus to basket and steam just until tender, about 2 minutes.

FOLD LINE

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Serves 4. Hands-on time: 15 minutes. Total time: 25 minutes.



INGREDIENTS:

- 2 tbsp tahini
- 1 tbsp sesame oil
- 2 tbsp apple cider vinegar
- 2 tsp raw honey
- Pinch crushed red pepper
- ¼ tsp sea salt
- 8 oz whole-wheat spaghetti
- 16 medium asparagus spears, cut into 2-inch pieces
- 2 medium carrots, peeled and cut into matchsticks
- ½ cup thinly sliced scallions
- 1 tbsp sesame seeds

Nutrients per 1½-cup serving: Calories: 328, Total Fat: 10 g, Sat. Fat: 1 g, Monounsaturated Fat: 3 g, Polyunsaturated Fat: 4 g, Carbs: 53 mg, Fiber: 9 g, Protein: 11 g, Sugars: 8 g, Sodium: 179 mg, Cholesterol: 0 mg

