



Makes 8 cups
Preparation Time: 20 minutes
Cook Time: 10 minutes

INGREDIENTS:

3 cups coarsely chopped fresh cremini mushrooms

1 onion, chopped (1 cup)

3 cloves garlic, minced

5 cups shredded red cabbage

1½ cups matchstick-cut carrots

½ of an 8-oz. package dry Mai fun brown rice noodles

½ cup low-sodium vegetable broth

¼ cup reduced-sodium soy sauce or tamari

1 tablespoon date sugar

½ teaspoon black pepper

½ teaspoon crushed red pepper (optional)

¼ cup chopped fresh cilantro

4 lime wedges

Vegan Pancit with Vegetables

Pancit is a Filipino-style dish using rice noodles. In this version, we used Mai fun noodles, which are thinner than regular rice noodles. Feel free to get creative with the toppings, swapping in any veggies you have on hand.

By Nancy Macklin, RDN

- 1 In an extra-large skillet cook mushrooms, onion, and garlic over medium 4 minutes, stirring occasionally and adding water, 1 to 2 Tbsp. at a time, as needed to prevent sticking. Add cabbage; cook 5 minutes, stirring occasionally. Add carrots; cook 5 minutes or until cabbage and carrots are tender, stirring and adding water as needed.
- 2 Meanwhile, cook noodles in boiling water 2 minutes; drain. In a small bowl combine broth, soy sauce, sugar, black pepper, and, if desired, crushed red pepper. Add sauce to vegetables, tossing to mix well. Gently toss noodles with vegetable mixture. (If necessary for easier tossing, snip the drained noodles a few times to shorten them.) Sprinkle with cilantro and serve with lime wedges.