



Makes about 7 cups
Cook Time: 25 minutes

INGREDIENTS:

8 ounces dry whole grain spaghetti

3 tablespoons arrowroot powder

¼ cup low-sodium soy sauce or tamari

2 tablespoons brown rice vinegar

1½ tablespoons grated fresh ginger

9 small garlic cloves minced (about 1½ tablespoons)

7 to 8 scallions, white and green parts, thinly sliced diagonally into 1-inch-long strips (about 2 cups)

8 ounces button mushrooms, trimmed and sliced (about 3 cups)

1 large carrot, thinly sliced (about 1 cup)

1½ cups broccoli florets in ½-inch pieces (about 5 ounces)

2 baby bok choy, trimmed and cut into 1-inch pieces (about 3 cups)

2 tablespoons finely chopped fresh cilantro

2 tablespoons cashews, toasted and chopped (optional)

Chinese Noodles in Ginger Garlic Sauce

This quick and flavorful dish can be made quicker still by using frozen veggies in place of fresh. Instead of chow mein or lo mein noodles, which are traditionally made with processed wheat flour and egg, use whole wheat spaghetti or any other long whole grain noodles.

From [Forks Over Knives Family](#)

https://www.youtube.com/watch?v=5_OIG7iGYdA

By Darshana Thacker Wendel

- 1 Bring a large pot of water to a boil. Cook the noodles according to the package instructions. Drain, rinse with cold water if necessary, and drain again.
- 2 Meanwhile, in a medium bowl, mix the arrowroot powder, soy sauce, vinegar, and 1½ cups water until smooth. Set the slurry aside.
- 3 In a large sauté pan, place the ginger, garlic, scallions, mushrooms, carrots, and ¼ cup water. Cover and cook over medium heat until the vegetables are halfway cooked, about 5 minutes.
- 4 Add the broccoli and bok choy to the vegetables. Stir the reserved slurry and add it to the pan. Cover and cook until all the vegetables are crisp-tender and the sauce is slightly thickened, about 5 minutes.
- 5 Add the noodles to the vegetables; toss until well combined. Heat over medium-low if necessary to warm all the ingredients and add a little water to loosen the sauce, if necessary. Garnish with cilantro and cashews (if using) and serve hot.