

# Szechuan Zoodles

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 8

Serving size: 1 cup

Ingredients	Quantity	Measure
Sesame Oil	1	Tbsp.
Rice Wine Vinegar	1	Tbsp.
Garlic, Fresh, minced	4	Cloves
Ginger, Fresh, grated	1	tsp.
Red Pepper Flakes	½	tsp.
Cornstarch	2	tsp.
Soy Sauce or Tamari	¼	cup
Brown Sugar	2	tsp.
Zucchini, cut into long noodles	4	cups
Carrots, cut into thin strips	2	Cups
Canola Oil	1	Tbsp.
Red Bell Pepper, thinly sliced	1 ¼	cups
Green Bell Pepper, thinly sliced	1 ¼	cups
Onions, Green, thinly sliced	2	Tbsp.

## Preparation

1. In a medium bowl, combine sesame oil, rice wine vinegar, garlic, ginger, red pepper flakes, cornstarch and 1 tablespoon of tamari/soy sauce. Set aside.
2. In a small bowl, mix sugar and rest of the tamari/soy sauce. Set aside.
3. Use a mandolin or spiral cutter to ribbon zucchini and carrots. Set aside.
4. In a large hot skillet, add canola oil and stir fry carrots for 2-3 minutes. Add green and red peppers and cook for 2-3 minutes.
5. Add sesame oil mixture to cooked carrots and peppers.
6. Add sugar and tamari mixture to zucchini noodles and sauté for 2-3 minutes on medium heat.
7. Combine all ingredients.
8. Garnish with thinly sliced scallions.

## Nutrition Information

\*From USDA Nutrient Database

Calories: 71 Total Fat: 4g Saturated Fat: 0g Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g  
Cholesterol: 0mg Carbohydrate: 8g Fiber: 2g Total Sugar: 4g Protein: 2g Sodium: 305mg Vitamin A: 165µg  
Vitamin C: 46mg Calcium: 26mg Iron: 1mg Folate: 35µg



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