

YUMMY YAKISOBA

Preparation time: 30 minutes	Cook time: NA
Number of Servings: 4	Serving Size: 1 cup
Ingredients: Spaghetti Noodles 5-1/4oz Onion, Green 1 medium Cabbage, Shred 2-1/3oz Carrots, Shred 1-1/3oz Pepper, Red 2-1/3oz Broccoli 1-3/4oz Dressing: Soy Sauce 1tbsp+3tsp Oil, Canola 1tbsp+3tsp Sugar 1tbsp+3tsp Vinegar, Cider 1tbsp+3tsp	Kitchen tools needed: Pot Strainer Small Bowl Large Bowl Wire Whisk Cutting Board Knife
Directions: 1. Cook spaghetti noodles until tender; do not overcook. Rinse with cold water to stop the cooking process. 2. Prepare vegetables. Shred the cabbage and carrots (can also use pre-shredded packages). Finely slice the onion. Chop the red pepper and broccoli. 3. Toss cooled pasta and vegetables. 4. Prepare dressing by blending the dressing ingredients together. 5. Add dressing to noodle and vegetables mixture; toss until well coated. 6. Chill in the refrigerator for at least two hours. 7. Serve and Enjoy!	