



Vital health information in a minute

DAN DAN NOODLES WITH SPINACH AND WALNUTS

Yield: 6 servings

Total time: 50 minutes

Ingredients

- › 1½ cups low-sodium vegetable broth
- › 4 scallions, chopped, divided
- › 1 tablespoon chopped fresh ginger
- › 1 teaspoon toasted sesame oil
- › ¼ teaspoon ground pepper
- › 10 ounces baby spinach (about 12 cups)
- › 12 ounces Chinese flat noodles or linguine
- › ¼ cup Chinese sesame paste or tahini
- › 3 tablespoons reduced-sodium soy sauce
- › 1 tablespoon hot chile oil
- › ¼ teaspoon sugar
- › 1 medium red bell pepper, diced
- › 1 cup toasted chopped walnuts
- › 3 tablespoons toasted sesame seeds

How to make it

1. Combine broth, 1 scallion, ginger, sesame oil and pepper in a medium saucepan. Bring just to a

boil over high heat. Stir and set aside for 20 minutes.

2. Meanwhile, bring a large pot of water to a boil. Cook spinach for 1 minute. Transfer with a slotted spoon to a colander (leave the water in the pot) and drain, pressing on the spinach to remove excess water. Add noodles to the boiling water and cook according to package directions. Drain and rinse well. Chop the spinach. Gently combine the noodles and spinach in a large shallow serving bowl, separating the spinach so it doesn't clump together.
3. Place the saucepan of broth over medium heat. Add sesame paste (or tahini), soy sauce, chile oil and sugar; whisk until thoroughly combined. Bring to a low boil and remove from heat.
4. Pour the sauce over the noodles. Top with bell pepper, walnuts, sesame seeds and the remaining 3 scallions. Toss together at the table before serving.

Nutrition information

Amount per serving

Serving size: 1½ cups

Per serving:

- › Calories: 488
- › Fat: 25 g
- › Saturated fat: 3 g
- › Fiber: 7 g
- › Carbohydrates: 54 g
- › Protein: 16 g
- › Folate: 305 mcg
- › Cholesterol: 0 mg
- › Sugars: 3 g
- › Added sugars: 0 g
- › Vitamin A: 5,163 IU
- › Vitamin C: 41 mg
- › Calcium: 149 mg
- › Iron: 5 mg
- › Sodium: 347 mg
- › Potassium: 567 mg
- › Sodium: 642 mg

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