



CHILLED SESAME NOODLES & BROCCOLI

By: Eat To Live - Joel Fuhrman, M.D.

Serves: 6

Ingredients

- 8-oz bean pasta, cooked per packaged directions
- 2 lbs fresh or frozen broccoli florets, steamed
- 1 large red bell pepper, or 2 roasted peppers, diced
- 6 scallions, thinly sliced

For the sauce:

- 1/4 C unhulled sesame seeds, lightly panned toasted
- 1 C unsweetened almond or soy milk
- 6 medjool dates or 12 regular dated, pitted
- 1/2 Tbs minced ginger
- 4 cloves garlic, peeled
- 1/4 tsp red pepper flakes or to taste
- 3 tbs rice vinegar

Directions

Puree all of the sauce ingredients until smooth

In a large bowl, toss the cooked pasta, steamed broccoli, red pepper, and scallions with the sauce until thoroughly coated.

Divide among six plates and serve immediately or refrigerate until ready to use.

Nutrition per serving:

Calories: 327
Fat: 6.2 g
Sat. fat: 0.8
Carbohydrates: 58.9 g
Fiber: 9.3 g
Sugar: 21.1 g
Sodium: 55.8 mg
Protein: 16.9 g
Vitamin A: 40%
Vitamin C: 289%
Calcium: 17%
Iron: 31%