

## 15 minute spicy noodle bowl

Makes 2 servings

### Ingredients:

4 oz lo mein noodles  
1 tablespoon butter or plant based margarine  
1/4 teaspoon crushed red pepper  
1 large egg  
1 tablespoon brown sugar  
1 tablespoon reduced sodium soy sauce  
1 tablespoon Sriracha  
1 handful fresh cilantro  
1 sliced green onion



Optional toppings: baked tofu, edamame, hard cooked egg, peanuts, cooked shrimp, shredded chicken

### Instructions:

Boil water for noodles and cook according to package directions.

In a small bowl, stir together sriracha, brown sugar, and soy sauce to create sauce. Set aside.

In large skillet, heat butter or margarine over high heat. Add red pepper. Whisk egg in a bowl and add to skillet—stir gently and cook through. Turn off heat.

When noodles are done cooking, drain. Add noodles to skillet along with the prepared sauce. Top mixture with cilantro, green onions, and any optional toppings, if using.

*Recipe source: Adapted from [budgetbytes.com](http://budgetbytes.com)*

Modifications: Sub thin spaghetti, linguini or rice noodles for lo mein noodles; omit egg for vegan version; stir in tablespoon of peanut butter along with noodles at the end and top with peanuts; sub sesame oil or olive oil in place of butter/margarine; top with sprouts or sesame seeds; top with additional veggies like sautéed onions, peppers, shredded Napa cabbage, broccoli or carrots

Nutrition info: 337 calories, 8g fat, 700mg sodium, 20g carb, 2g fiber, 8g protein. Excellent source of vitamin A. Good source vitamin C.



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