

Y'obama Yakisoba

Makes: 4 Servings

“The dish I created is about two things I love very much. I love noodles and I love my dad,” says Gracie. “My dad is Japanese. I wanted to create a dish that represented my Japanese heritage and love for all noodles. I remember how much fun I had as a little child, slurping up noodles and popping edamame out of their shells. This dish is about having fun eating the food I love and spending time with my dad. Both of these things are very special to me!”

Ingredients

7 ounces whole-wheat or multi-grain thin spaghetti

1 garlic clove, peeled and minced

2 1/2 teaspoons low-sodium soy sauce

1/2 teaspoon sugar-free grape jelly

1/2 cup low-sodium vegetable broth

1 cup shredded or chopped cabbage

1 cup shelled edamame

1 cup peeled shredded carrots

Optional: 1/2 cup chopped cashews

Directions

- 1. Fill a large pasta pot with water** and bring to a boil. Add the spaghetti and boil for about 7 minutes, or until al dente. Drain and set aside.
- 2. Meanwhile, in a small bowl,** whisk together the garlic, soy sauce, and grape jelly. Set aside.
- 3. In a large stockpot,** bring the broth to a boil. Add the cabbage, edamame, and carrots and boil for 3 minutes, or until tender. Add the drained noodles and sauce, and stir until evenly distributed; top with cashews (optional). Eat and enjoy!



Nutrition Information

Nutrients	Amount
Calories	243
Total Fat	3 g
Saturated Fat	N/A
Cholesterol	N/A
Sodium	183 mg
Total Carbohydrate	46 g
Dietary Fiber	10 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	13 g

