

# Five Happiness Fried Noodles

**Makes:** 5 servings

Enjoy carrots, bamboo shoots, mushrooms, bean sprouts, and green onions with fried noodles and a simple sauce.

## Ingredients

- 10 cups** water
- 1 pound** egg noodles
- 1 tablespoon** olive oil (or vegetable oil, divided)
- 3 cups** bean sprout
- 1 cup** bamboo shoots (julienned sliced thinly in strips)
- 1/2 cup** carrot (shredded)
- 1/2 cup** shiitake mushrooms (dried, soaked, stems removed, and julienned)
- 2** green onion (julienned)
- 1/2 teaspoon** salt
- 1 teaspoon** sugar
- 1 tablespoon** soy sauce

## Directions

1. In a large pot on high heat, bring 10 cups of water to boil. Cook noodles in boiling water until tender or “al-dente,” approximately 5 - 7 minutes, drain and set aside.
2. Heat a non-stick wok or pan over high heat. Add 1/2 tablespoon oil, swirling to coat the pan, add noodles and pan-fry until noodles are golden, about 7 to 10 minutes. Remove noodles from wok.
3. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>426</b>
<b>Total Fat</b>	<b>8 g</b>
Saturated Fat	2 g
Cholesterol	76 mg
<b>Sodium</b>	<b>496 mg</b>
<b>Total Carbohydrate</b>	<b>75 g</b>
Dietary Fiber	5 g
Total Sugars	5 g
Added Sugars included	1 g
<b>Protein</b>	<b>15 g</b>
Vitamin D	0 IU
Calcium	49 mg
Iron	5 mg
Potassium	357 mg

N/A - data is not available

### MyPlate Food Groups

 Vegetables	3/4 cup
 Grains	3 1/2 ounces

4. Return noodles to the wok, add salt, sugar and soy sauce.

Stir to combine and serve.

Chinatown Public Health Center, San Francisco Department of Public Health, Healthy & Delicious--Simple Ways to Low Fat Chinese Cooking