



Sesame Rice Noodles

1/2 cup sunflower seed butter

1/4 cup toasted sesame oil

1/4 cup gluten free tamari

1 tablespoon agave syrup

2 tablespoon fresh garlic, minced

2 tablespoons fresh ginger, minced

1/2 cup chopped scallions

1/4 teaspoon red pepper flakes,
or to taste

1 (14 ounce) package gluten free rice noodles

4 cups of your favorite vegetables, cut into bite-size pieces (such as chopped onions, sliced carrots, sliced mushrooms, snow peas, broccoli florets)

1 tablespoon cooking oil, such as canola

Directions

1. Make the sauce: whisk together sunflower seed butter and sesame oil, then add tamari and agave and stir until blended. Stir in garlic, ginger, scallions and red pepper flakes. Mix well and set aside.
2. Prepare noodles as indicated on package and set aside.
3. Sauté vegetables in oil for several minutes until tender.
4. Toss noodles with sauce until well combined. Fold in vegetables.

Serve hot or cold, as-is or with your favorite protein, such as [Sesame Soy Tofu Bites](#), edamame or cooked chicken or beef. Makes about 8 (1 cup) servings.*

** Look for a recipe for Sesame Soy Tofu Bites on NutritionFromTheHart.com/recipes.*

