



# Broccoli Sesame Noodle Salad

Prep: 5 minutes | Cook: 8 minutes | Total: 15 minutes

Yield: 2 servings | Serving Size: 2 cups

## Ingredients

- 4 ounces whole-grain spaghetti (a quarter of a 16-ounce box)
- 2 cups fresh or frozen broccoli florets
- 3 tablespoons rice vinegar
- 1 tablespoon hoisin sauce
- 1 tablespoon lite (reduced-sodium) soy sauce
- 1 teaspoon sesame oil
- 1 teaspoon grated fresh ginger (or ¼ teaspoon ground dried ginger)
- 1 clove garlic, minced (about ½ teaspoon)
- 1 medium carrot, thinly sliced (about ½ cup)

## Directions

1. Fill large saucepan or stockpot halfway full with water. Bring to a boil over high heat.
2. Add the pasta and cook 4 minutes, then add the broccoli to then continue cooking until the pasta is tender, about 4-5 minutes.
3. Drain the pasta and broccoli into a colander and briefly rinse with cold water.
4. In a large bowl, whisk together the vinegar, hoisin sauce, soy sauce, sesame oil, ginger, and garlic.
5. Add the pasta, broccoli, and carrot. Toss to combine.
6. Serve cold, chilling in the refrigerator if needed. Toss again before serving to recombine with the dressing.

## Recipe Notes

- If you do not have hoisin sauce, you can substitute 1 teaspoon of honey.
- To increase the spice, add ½ teaspoon of crushed red pepper or 1 teaspoon sriracha to the dressing.
- To make this dish a complete meal, serve with a protein such as cooked chicken, tofu, shrimp, or pork.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 3 g | Saturated Fat: 0.5 g  
Sodium: 600 mg | Total Carbohydrate: 49 g | Dietary Fiber: 9 g | Protein: 10 g**

For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)

