

# Five Happiness Fried Noodles

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

Makes: 5 Servings  
 Prep Time: 10 minutes  
 Cook Time: 25 minutes

Source: [MyPlate.gov](http://MyPlate.gov)

## Ingredients

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

## Directions

1. Wash hands with soap and water.
2. 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 to 7 minutes; drain and set aside.
3. 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.
4. Add remaining 1/2 tablespoon oil to wok, add vegetables, and stir-fry until just cooked, about 5 to 7 minutes.
5. Return noodles to the wok, add salt, sugar and soy sauce.
6. Stir to combine and serve.



Small Changes,  
BIG Difference!



### Nutrition Information

Serving Size: 1 1/2 cups	
Nutrients	Amount
Calories:	422
Total Fat:	8g
Saturated Fat:	2g
Cholesterol:	76mg
Sodium:	456mg
Total Carbohydrates:	73g
Dietary Fiber:	5g
Total Sugars:	5g
Added Sugars:	1g
Protein	15g

### Utensils Needed

- Sharp knife
- Cutting board
- Large pot
- Non-stick wok or pan
- Mixing spoon
- Measuring spoons
- Measuring cups
- Small bowls



# SHOPPING LIST

Average total cost without oil and seasonings: \$12.74

Average cost/serving: \$2.55

Makes: 5 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

## Ingredients



Add 1 to Cart  
Egg noodles



Add 1 to Cart  
Shiitake mushrooms



Add 1 to Cart  
Bean sprouts



Add 1 to Cart  
Green onions



Add 1 to Cart  
Bamboo shoots



Add 1 to Cart  
Carrots

## SAVE TIME, SAVE MONEY

## My Cooking Notes

### Chef's Note

- Consider doubling the recipe to feed a larger group of people or to have more for easy leftover lunches.

### Similar Recipes

- Easy Pancit Noodles and Veggies
- Noodles with Peanut Butter Sauce

