



## INGREDIENTS

- 14 Ounces Yakisoba Noodles (enriched or whole grain rich)
- 2 Cups Cabbage (shredded)
- 1 Cup Carrot (julienned)
- 2 Cups Bell Peppers (sliced thin)
- 1 Cup Bean Sprouts
- ½ Cup Green Onions (chopped)
- 2 Teaspoons Garlic (minced)
- 1 Teaspoon Ginger (grated)
- 1 Tablespoon Oil
- ¼ Cup Soy Sauce
- 2 Tablespoons Oyster Sauce
- 1 Tablespoon Worcestershire Sauce
- 1 Tablespoon Ketchup
- 1 Teaspoon Sugar
- 1 Teaspoon Sesame Oil

## DIRECTIONS

1. Cook yakisoba noodles according to package directions, then drain and set aside.
2. Heat oil in a large wok or skillet over high heat.
3. Add garlic and ginger, stir-frying for 30 seconds until fragrant.
4. Add carrots and bell peppers, stir-frying for 2 minutes.
5. Add cabbage and bean sprouts, continue stir-frying for 2 minutes.
6. Add noodles to the pan with vegetables.
7. Mix soy sauce, oyster sauce, Worcestershire sauce, ketchup, sugar, and sesame oil to make the sauce.
8. Pour yakisoba sauce over everything and toss to combine.
9. Cook for 2-3 minutes until everything is heated through.
10. Garnish with green onions and serve immediately.

## MEAL PATTERN CONTRIBUTION

-  Grain
-  Vegetable

## MEAL TYPE

 Lunch/Supper

## YIELD

13 Cups

## PORTION SIZES

<b>Toddler:</b>	½ Cup
<b>Preschool:</b>	½ Cup
<b>School Age:</b>	1 Cup
<b>Adult:</b>	2 Cups