



Garlic Noodles

Makes: 50+ child servings

Ingredients

Imperial Measurement	Ingredient	Metric Measurement
16 cups (4 lbs)	whole wheat pasta (e.g. noodles, fettuccini)	4 L (1.8 kg)
4 tbsp	garlic, minced	60 mL
2 tbsp	fresh ginger, grated	30 mL
1 cup	vegetable oil	250 mL
1 ½ cups	reduced-sodium soy sauce	375 mL

Instructions

1. Bring large pot of water to a boil. Add noodles and cook until tender (follow instructions on package).
2. Meanwhile, combine all other ingredients in a large bowl.
3. Divide sauce into four and mix four small batches of noodles. It is much easier to toss small amounts than one large batch.
4. Toss gently to coat noodles evenly.

Nutrition Information	
Serving 80 g (½ cup)	
Calories	120
Fat	3.5 g
	Saturated 0 g
	+ Trans 0 g
Sodium	130 mg
Carbohydrates	20 g
	Fibre 2 g
	Sugars 0 g
Protein	4 g
	Calcium 10 mg
	Iron 1 mg

Food Guide Servings
1 Grain Product