**Curried Rice Noodles**  
*From – Moosewood Restaurant Low-Fat Favorites*

**Pasta**  
½ lb rice stick noodles

**Dried Spices**  
2 tsp curry powder  
1 tsp ground cumin  
½ tsp turmeric  
½ tsp ground coriander

**Vegetables**  
1 tbls minced or pressed garlic  
1 tbls grated fresh ginger root  
1 tbls canola or other vegetable oil  
1 cup thinly sliced onions  
1 cup peeled and julienned carrots  
1 cup sliced bell peppers  
4 cups thinly sliced bok choy  
salt and ground black pepper to taste

**Sauce**  
2 tbls dry sherry  
2 tbls soy sauce  
¼ cup water  
1 tsp sugar  
lime wedges  
minced fresh basil, cilantro or scallions

- Place the noodles in a heatproof bowl and cover them with boiling water.  
- Cover the bowl and set it aside  
- Mix together the curry powder, cumin, turmeric and coriander in a small bowl.  
- In a separate bowl, combine the sherry, soy sauce, water and sugar and set aside.  
- In a large nonstick or well-seasoned cast-iron skillet, combine the garlic, ginger and oil and sauté on medium heat for about 2 minutes, stirring constantly.  
- Add the onions and carrots and cook for 3 to 5 minutes, stirring often.  
- Add the bell peppers and continue to cook, stirring, for about another 4 minutes.  
- Add the bok choy and dried spice mixture and cook for 1 or 2 minutes.  
- Pour in the sauce mixture, cover and simmer for another 2 minutes or until the bok choy is tender.  
- Drain the rice noodles, which should be softened, and add them to the sauté’.  
- Stir until hot, then season with salt and black pepper to taste.  
- Serve with lime wedges and your choice of basil, cilantro or scallions.

For more recipes visit us at  
www.HealthyHarvestFarmCSA.com