

Fresh and Light Veggie Pad Thai

From American Institute for Cancer Research

<https://www.aicr.org/cancer-prevention/recipes/fresh-and-light-veggie-pad-thai/>

Ingredients

For pad thai

8 ounces dried wide, flat rice noodles (preferably brown rice noodles)
1 Tbsp. olive, sesame, or canola oil (divided)
8 ounces extra firm tofu, drained and cut into ½ inch cubes
2 large eggs
1/2 yellow onion, chopped
3 cloves garlic, minced
1 head of broccoli, cut into small florets
1 zucchini, spiralized (or sliced into thin, long strips)
1 cup snap peas
2 carrots, grated
1 cup mung bean sprouts
1/4 cup fresh basil, chopped
1/4 cup fresh cilantro, chopped
Crushed red pepper, to taste

For sauce

1 Tbsp. fish sauce
2 Tbsp. rice vinegar
1 Tbsp. reduced sodium soy sauce or tamari (gluten-free)
1 Tbsp. honey (or sub another sweetener)
1/4 cup lime juice (juice of 1-2 limes)

Garnishes

2 Tbsp. peanuts, chopped
Lime wedges

Instructions

1. Prepare the sauce by whisking together all the sauce ingredients in a small bowl and set aside.
2. Next, prepare the noodles according to package instructions. For most rice noodles: bring a pot of water to a boil, remove from heat and let the noodles soak in the hot water until just al dente (about 10 minutes). Drain and set noodles aside.
3. Heat 1/2 of the oil over medium-high heat.

4. Sauté tofu about 3 minutes, or until just getting golden brown. Rotate the pieces to get a golden color on all sides. Move it to the edge of the pan.
5. Crack eggs into the pan, sauté with spatula to break yolk and scramble until just cooked through (about 1 min). Set the egg and tofu aside on a plate for a later step.
6. Add the remaining oil to the pan and add the onion and garlic. Sauté 1-2 minutes, or until just translucent. Optional: add a pinch of red chili flakes for extra heat.
7. Sauté the rest of your vegetables until they are just fork-tender and still bright in color, about 3 minutes.
8. Add the noodles, sauce, and tofu/egg mixture to the pan. Gently mix everything together so the flavors combine and the noodles can soak up the sauce. Add most of the herbs and bean sprouts (reserve a handful for garnish).
9. Serve with a topping of fresh herbs, the remaining bean sprouts, lime wedges, and a sprinkle of peanuts.

Makes about 4 servings, 1.5 to 2 cups each

Nutrition information per serving

Calories: 480	Dietary Fiber: 3 g
Total Fat: 14 g	Sodium: 610 mg
Saturated Fat: 3 g	Protein: 22 g
Cholesterol: 95 mg	Carbohydrates: 69 g