

Classic Sesame Noodles with Chicken

By Eating Well

Prep Time: 5 minutes **Cook time:** 20 minutes **Yield:** 4 servings

Ingredients

- 8 Oz. whole-wheat spaghetti
- 3 Tbsp. toasted (dark) sesame oil
- 2 scallions, chopped
- 1 Tbsp. minced garlic
- 2 tsp. minced fresh ginger
- 1 tsp. brown sugar
- 2 Tbsp. reduced-sodium soy sauce
- 2 Tbsp. ketchup
- 8 Oz. cooked, boneless, skinless chicken breast, shredded
- 1 cup julienned carrots
- 1 cup sliced snap peas
- 3 Tbsp. toasted sesame seeds



Directions

1. Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse and transfer to a large bowl.
2. Combine sesame oil, scallions, garlic, ginger, and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds. Remove from heat and stir in soy sauce and ketchup. Add to the noodles along with chicken, carrots, snap peas and sesame seeds; gently toss to combine.

Asian Cucumber Salad *By Dinner at the Zoo*

Prep Time: 10 minutes

Total Time: 11 minutes

Yield: 4 servings

Ingredients

- 3 cups cucumbers peeled, seeded and sliced
- 1/4 cup red onion thinly sliced
- 1/2 cup red bell pepper chopped
- 2 tsp. honey
- 2 Tbsp. chopped cilantro or sliced green onion
- 1 Tbsp. sesame seeds
- Salt and pepper to taste

For the Dressing:

- 2 Tbsp. soy sauce
- 1 Tbsp. rice vinegar
- 1 Tbsp. toasted sesame oil
- 2 tsp. honey



Directions

1. Place cucumbers, red onion and red bell pepper in a large bowl.
2. In a small bowl, whisk together the soy sauce, rice vinegar, sesame oil, honey, cilantro and sesame seeds. Taste and add salt and pepper if desired.
3. Pour the dressing over the vegetables and toss to coat. Serve immediately or store in the refrigerator for up to 8 hours.

Prep Time: 25 minutes

Cook Time: 10 Minutes

Serves: 8

Ingredients

- 2 pounds fresh green beans, trimmed
- 2/3 cup finely chopped sweet onion
- 3 Tbsp. olive oil
- 3 garlic cloves, minced
- 1/4 cup reduced-sodium soy sauce
- 1 tsp. pepper
- 1 Tbsp. sesame seeds, toasted



Directions

1. Place beans in a large saucepan and cover with water. Bring to a boil. Cover and cook for 4-7 minutes or until crisp-tender. Drain and immediately place beans in ice water. Drain and pat dry.
2. In a large skillet, saute beans and onion in oil until onion is tender. Add garlic; cook 1 minutes longer. Stir in soy sauce and pepper. Transfer to a serving dish; sprinkle sesame seeds.

Matcha Green Tea Snowballs *By: Lord Byrons Kitchen*

Prep Time: 15 minutes

Yield: 24 cookies

Ingredients

- 1 cup brown sugar, lightly packed
- 1 large egg
- 1/4 tsp. salt
- 3/4 cup butter, softened
- 2 cups all-purpose flour
- 1/2 tsp. baking soda
- 2 Tbsp. matcha powder
- 1 cup confectioner's sugar



Directions

1. Preheat oven to 350 degrees. Prepare baking sheet with a silicone liner or parchment paper. Set aside
2. Using a hand-held mixer, blend together the brown sugar and butter until light and fluffy.
3. Add the egg and salt. Mix into the butter mixture.
4. Add the flour, baking soda, and matcha powder. Mix until just incorporated. Do not over mix.
5. Use a small cookie scoop, about 1 Tbsp. in size, to scoop the cookie batter into even portions. Roll into balls and roll into the confectioner's sugar until well coated.
6. Place the dough on the baking sheet, about 1 inch apart. Bake for 15 minutes. Remove from the oven and immediately transfer to a wire cooling rack to completely cool.