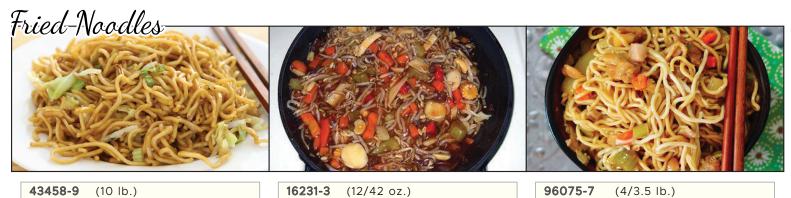


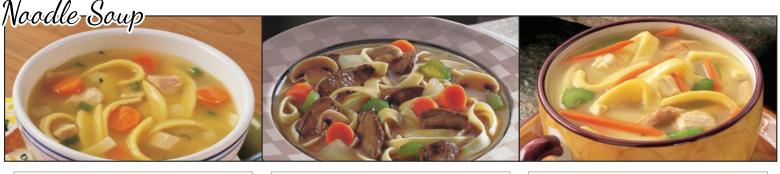
41007-6 (2/10 lb.) A. Zerega Heavy 10" Fettuccine Noodles 41008-4 (2/5 lb.) A. Zerega 1/2" Wide Egg Noodle 41000-1 (2/10 lb.) A. Zerega 10" Spaghetti Noodles

Cooked in water or broth, then drained. Other foods can be added such as pasta sauce. Noodles are soft and absorb flavors.



Sugar FoodsLa ChoyInnovasianFried Chow MeinBeef Chow MeinChicken Lo Mein

Dishes made of noodles stir fried with various meats, seafood or vegetables. Examples include chow mein, lo mein, and pad thai.



91961-3 (4/42 oz.) Soup Supreme Chicken Noodle Soup 91916-7 (4/42 oz.) Soup Supreme Steak & Mushroom Noodle Soup 91977-9 (4/42 oz.) Soup Supreme Heartland Chicken Noodle Soup

Noodles served in broth: examples are beef noodle soup, ramen and chicken noodle soup.

Cold Asian Noodle Salad



For the Honey Soy Dressing:

- 1/4 cup canola oil (URM Item # 7932-7)
- 1 T sesame oil (URM Item # 43486-0)
- 1/2 tsp crushed red pepper (URM Item # 42629-6)
- 3 T honey (URM Item # 44106-3)
- 2 T soy sauce (URM Item # 42018-2)

For the Salad:

- 8 oz spaghetti (URM Item # 41000-1)
- 1/2 cup cilantro, chopped (URM Item # 53003-0)
- 1/4 cup peanuts, chopped (URM Item # 44303-6)
- 1/4 cup green onions, sliced (URM Item # 53461-0)
- 1/4 cup red bell pepper (URM Item # 53043-6)
- 1 T toasted sesame seeds (URM Item # 42627-0)

Directions:

- Cook pasta in boiling water until done.
- Heat the canola oil, sesame oil, and red pepper flakes together in the microwave for 60-90 seconds to heat through. Whisk in the honey and soy sauce.
- Add the drained spaghetti to a serving bowl. Pour dressing over hot noodles and toss to combine. Cover and refrigerate at least two hours, up to several hours, until chilled thoroughly and until the noodles have absorbed the flavors of the dressing.
- Just before serving, add cilantro, peanuts, green onions, bell pepper, and sesame seeds.
- Toss to combine and serve.

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