

# Celebrate National Noodle Month

## Basic Noodles



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.

## Fried Noodles



43458-9 (10 lb.)  
**Sugar Foods  
Fried Chow Mein**



16231-3 (12/42 oz.)  
**La Choy  
Beef Chow Mein**



96075-7 (4/3.5 lb.)  
**Innovasian  
Chicken Lo Mein**

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

## Noodle Soup



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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