



Sweet and Spicy Chili Garlic Noodles



Ingredients:

- 4 TBLS Braggs liquid aminos, (see notes for soy sauce, Tamari options*)
- 1 ½ to 2 ½ tablespoons chili garlic sauce (I use 2 ½ and it's spicy but oh so good)
- 2 tsp sesame oil
- 2 tablespoons sugar
- ½ tsp granulated garlic (powder)
- 1/3 cup chopped green onions, green part only, (3-4 green onions)
- 8 oz uncooked spaghetti pasta noodles

Method:

1. Cook pasta noodles according to package instructions, drain, but do not rinse.
2. While pasta is cooking whisk together, the sauce ingredients in a small bowl, (not green onions) microwave for 30 seconds or so until the sugar is dissolved.
3. Add cooked pasta, and sauce to a medium serving bowl, mix with tongs. Garnish with green onions
4. Enjoy!

Notes:

- I definitely recommend using Braggs for this recipe. Low sodium soy sauce can be used but will be saltier.
- Use any noodles for this dish, rice noodles for gluten free, soba noodles, ramen, etc.
- Feel free to add steamed veggies, tofu, toasted sesame seeds or whatever floats your boat. I like these noodles as is for a quick and easy noodle bowl snack on my couch.
- I would say this recipe feeds 2 people for a meal and 4 people for a snack.