

Vermicelli Noodles



Fun Fact:

Vermicelli means "little worms" in Latin. Get kids excited about cooking by creating fun recipe names together!

What are vermicelli noodles?

These are noodles common to Southeast Asia that are made from rice flour and water. They are thin and have a neutral flavor, which allows them to take on the flavor of any seasonings or sauces in a recipe.

How to use vermicelli noodles:

- Add as a base in soups, stir-fries, or noodle bowls
- Eat cold by adding to salads or inside fresh spring rolls
- As a garnish by frying uncooked vermicelli noodles until crispy, then topping it over salads, soups, and main dishes



Vermicelli Noodles are great to have on hand because they can be used in a variety of cold and hot dishes

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One Pot Vermicelli Noodles

Servings per recipe: 6

Serving size: 2 cups

Prep time: 5 minutes

Cook time: 15 minutes



This recipe was adapted from beatthebudget.com

Ingredients

¼ cup olive oil
4 cloves garlic
1 white onion, finely chopped
1 large cabbage, thinly sliced
3 large carrots, chopped sticks
1 (7 ounce) box vermicelli noodles
1 tablespoon cornstarch + 2 tablespoons cold water
5 tablespoon low-sodium soy sauce
1 tablespoon rice vinegar
7 ounce low-sodium chicken stock
½ cup cilantro

Directions

1. Add olive oil to a pan. Allow oil to get hot and then add garlic for 1 minute.
2. Add onions, cabbage, and carrots and cook another 7 minutes or until softened. Add salt and pepper.
3. Add the noodles to a bowl with boiling water, cover with a lid/plate and let sit for 2-4 minutes.
4. Combine 1 tablespoon cornstarch and 2 tablespoons cold water to make cornstarch slurry. Then combine soy sauce, rice vinegar, chicken stock with cornstarch slurry in a bowl.
5. Add the sauce and drained noodles to the pan and stir. Continue to cook until the sauce thickens, around 2 minutes.
6. Remove from heat, top with cilantro, and serve.

Nutrition Facts

servings per container	
Serving size	(309g)
Amount per serving	
Calories	270
% Daily Value*	
Total Fat 10g	13%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 560mg	24%
Total Carbohydrate 47g	17%
Dietary Fiber 5g	18%
Total Sugars 8g	
Includes 0g Added Sugars	0%
Protein 6g	
Vitamin D 0mcg	0%
Calcium 80mg	6%
Iron 1.4mg	8%
Potassium 470mg	10%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This material was funded by USDA's Supplemental Nutrition Assistance Program – SNAP. This institution is an equal opportunity provider.

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