



Zucchini-Noodle Pad Thai



1/2 of recipe (about 2 cups): 260 calories, 8.5g total fat (1g sat. fat), 657mg sodium, 25.5g carbs, 6g fiber, 15g sugars, 23g protein

Prep: 15 minutes **Cook:** 15 minutes

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Ingredients

1 1/2 tbsp. lite/reduced-sodium soy sauce
1 tbsp. apple cider vinegar
2 tsp. molasses
1 1/2 tsp. lime juice
1/2 tsp. chopped garlic
4 tsp. crushed peanuts
20 oz. (2 - 3 medium) zucchini
1/2 cup egg whites (about 4 large eggs' worth)
6 oz. extra-firm tofu, chopped and blotted dry
Dash each salt and black pepper
1 cup 1-inch scallion pieces
1/2 cup shredded carrot
1/4 cup roughly chopped cilantro
Optional topping: bean sprouts

Directions

To make the sauce, in a small bowl, combine soy sauce, vinegar, molasses, lime juice, and garlic. Mix until uniform. Stir in 2 tsp. peanuts.

Using a spiral veggie cutter like the [Veggetti](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiralizer, peel zucchini into super-thin strips, rotating the zucchini after each strip.) Roughly chop for shorter noodles.

Spray a wok (or large skillet) with nonstick spray and bring to medium heat. Scramble egg whites until fully cooked, about 2 minutes. Transfer to a bowl.

Remove wok from heat; clean, if needed. Re-spray, and return to medium heat. Add chopped tofu, and season with salt and pepper. Stirring occasionally, cook until lightly browned, about 5 minutes.

Add zucchini noodles. Cook and stir until hot and slightly softened, about 2 minutes.

Transfer wok contents to a strainer, and thoroughly drain excess liquid.

Return wok to medium heat, and return drained mixture to the wok. Add sauce, scrambled egg whites, scallions, and carrots. Cook and stir until sauce is evenly distributed and has mostly absorbed, about 2 minutes.

Top with cilantro and remaining 2 tsp. peanuts.

MAKES 2 SERVINGS

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