

"Pad Thai " Fat free version

Ingredients:

Chop and lightly steam veggies:

1/2 cup broccoli

1 red pepper

1/2 onion

1 cup mushrooms

Or any other vegetables you like

Make 1 package of rice or lentil or shirataki noodles

Sauce:

1/2 cup coconut aminos

1/4 cup lime juice

1/4 cup chopped cilantro

1 tsp maple syrup

1 tsp garlic powder

1/8 tsp cayenne

Directions:

Put cooked veggies on top of pasta and add sauce