

# Long Noodles



Serving: 2 Prep: 5 minutes



Preparing Time: min



Total Duration: min

## Ingredients

- ♦ Wheat noodles
- ♦ 1 tsp sesame oil
- ♦ Salt

## Directions

- ♦ Boil noodles.
- ♦ Drain and toss with oil.
- ♦ Serve without cutting.
- ♦ Equipment: Pot
- ♦ Nutrition: Protein 8g, Carbs 48g, Fat 6g

## Notes

Long noodles served without cutting, often eaten for a long and healthy life.

