

Vegetable Kung Pao Zoodles

Adapted from Kung Pao Chicken Zoodles for Two from [skinny taste.com](http://skinnytaste.com)

Ingredients**

- 2 Medium Zucchini (or one large one from the garden)
- 1 Red Bell Pepper
- 1 Head of Broccoli
- 1 cup baby carrots
- 1 can water chestnuts
- ½ onion cut into small strips
- Snap peas
- 3 celery sticks, thinly sliced
- 2 cloves of garlic minced
- 1 tsp ground ginger
- 3 Tbsp soy sauce of your choice
- 2 Tbsp balsamic vinegar
- 5 Tbsp water
- 1 1/4 Tbsp Red Chili Paste
- 2 tsp sugar
- 2 tsp cornstarch
- Peanuts
- Green onion for garnish



**sometimes during the week I cheat and buy the Asian Vegetable mix that is already ready or favorite is from Trader Joe's and just add celery and water chestnuts

Directions:

1. Using the spiralizer with the bigger blade, spiralizer the zucchini. Depending on the length and size of the zucchinis they may need to be cut into smaller pieces before putting in the spiralizer. Once the zoodles are made, use kitchen scissors or a knife and cut them lengthwise into smaller noodle size pieces. Set aside.
2. In bowl whisk together the soy sauce, balsamic, water, chili paste, sugar and cornstarch.
3. Heat a wok or pan over medium-high heat then add the garlic, ginger and oil of choice. Once heated, add the vegetables and saute.
4. Add the sauce and bring to a boil. Once it boils lower the heat and let simmer for 1-2 minutes to allow the cornstarch to thicken.
5. Add the zoodles and simmer until tender, about 2-3 minutes.
6. Serve with peanuts and green onion.

This is perfect to serve with rice and a protein of your choice can easily be added.