

Mark's Kitchen

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Shirataki Noodles with Kale and Chickpeas

Ready in: 20 minutes

Serves: 4

You can enjoy “pasta” in this tasty, light and nutrient-rich comfort meal. This is a great recipe from my [Blood Sugar Solution Cookbook](#). These plant-based noodles explode with fiber from the konjac root, and the shiitake mushrooms boast immune-boosting properties that keep you healthy and feeling great.

Ingredients:

- 2 tablespoons extra-virgin olive oil
- 3 garlic cloves, minced
- 1 large bunch kale, stemmed and roughly chopped
- 1 (15-ounce) can chickpeas, rinsed and drained
- 2 (8-ounce) packages shirataki noodles, drained
- 4 ounces shiitake mushrooms, stemmed and thickly sliced
- 1/2 cup marinara sauce
- sea salt and freshly ground black pepper, to taste
- 1/4 cup chopped parsley, for garnish

Step 1: Heat the oil in a medium cast-iron pan over medium heat. Add the garlic and cook, stirring, until aromatic, about 1 minute, stirring often to prevent burning.

Step 2: Toss in the kale and sauté it in the garlic oil until it wilts, 3 to 4 minutes.

Step 3: Add the chickpeas, noodles, shiitakes and marinara sauce and warm through for about 3 minutes. Season to taste with salt and black pepper, as needed.

Step 4: Transfer the mixture to a platter, garnish with the parsley, and serve. Any leftover noodles can be covered and refrigerated for up to 3 days.

Nutritional analysis per serving (1 1/2 cups): calories 215, fat 10 g, saturated fat 1 g, cholesterol 0 mg, fiber 8 g, protein 9 g, carbohydrate 25 g, sodium 155 mg