

# Seafood Medley

**Servings: 6**

## Ingredients

- 1 Tbl. Canola oil
- 2 c. sliced Celery
- 2 Green Onions, sliced into ¼-inch pieces
- 1 fresh Red Bell Pepper, diced
- 1 can (4 oz.) Shitake Mushrooms
- 1 Tbl. reduced sodium Soy Sauce
- 1 Tbl. Ginger paste (comes in a tube, find it in the produce section)
- 1 Tbl. minced Garlic
- 2 c. Water
- 1 cube Vegetarian Bouillon (Knorr, extra large cubes)
- 3 Tbl. Cornstarch plus ¼ c. water
- 1-pound Seafood mix  
(Geisha Seafood Mix: [cooked] shrimp, mussels, squid, and baby clams)
- 14 oz. Rice Noodles (I prefer narrow ones)

## Directions:

1. Start a large pot on medium-high with 8 to 12 c. water for the rice noodles. However, wait to make the noodles until the seafood dish is ready.
2. Saute' celery, onions and bell pepper for 2- to 3-minutes over medium heat.
3. Add remaining ingredients and bring to simmer for 4- to 5-minutes. Reduce heat to low.
4. Bring rice noodle water to boil, add rice noodles stirring well, and time for just two minutes. Remove from heat and drain.
5. Serve immediately.

## Nutrition:

 (1½ c. seafood medley over ¾ c. rice noodles)

Calories: 386    Protein: 16.4g    total carbohydrate: 66.3g    total fat: 4.5g  
sugars: 2.3g    saturated fat: 0.6g    sodium: 435mg    dietary fiber: 2.5g