

Teriyaki Noodles

Looking to bust out of your weeknight kale salad and miso soup routine, but still want an easy, healthy dinner? These yummy zucchini noodles—which were winners in our [Reader Recipe Showdown](#)—from raw-recipe guru [Kristen Suzanne](#) come together in a flash, and are sensationally savory. In less time than it takes to boil water for pasta, these noodles are ready to stand in for your trusty dinner salad.

Serves 4

What You Need:

3 tablespoons hemp oil
2 tablespoons red wine
2 teaspoons tamari
2 tablespoons miso
2 tablespoons raw agave nectar
1 tablespoon fresh ginger, grated
1/4 cup hemp seeds, divided
5 zucchini
2 red bell peppers, seeded and minced

What You Do:

1. In a small bowl, whisk together hemp oil, wine, tamari, miso, agave nectar, and ginger until well-blended. Stir in 2 tablespoons hemp seeds.
2. Using a Japanese spiralizer or vegetable peeler, make fettuccini-style noodles out of the zucchini. In a large bowl, add noodles and red pepper, pour on dressing, and toss gently. Sprinkle on remaining 2 tablespoons hemp seeds and serve.