**Japanese Udon Noodles with Broccoli**

**Produce**

garlic (if needed)

1 bunch green onions

8 oz. fresh broccoli

2 white mushrooms

1 medium carrot

 fresh ginger root

2 Roma tomatoes

1 avocado

1 lemon

1 orange

2 oz. peanuts

**Canned/Dried Foods**

9 oz. udon noodles

low sodium vegetable broth (if needed)

rice wine vinegar (if needed)

Asian hot pepper sauce (if needed)

low-sodium soy sauce (if needed)

brown-rice miso

wasabi paste

brown sugar (if needed)

**Frozen Foods**

**Meat/Fish/Poultry**

**Chilled Foods**

eggs (if needed)