**Snow Peas with Japanese Noodles**

**Produce:**

garlic (if needed)

yellow onion *(if needed)*1 red bell pepper

7 oz.  snow peas (if none available buy frozen)

8 white or crimini mushrooms

1 bunch green onions

1 lime

a thumb of fresh ginger

1 Asian or Winter Pear

**Canned/Dried Foods**

2 oz. peanuts

sesame oil (if needed)

1 box low-sodium vegetable broth

low-sodium soy sauce (if needed)

wasabi paste

brown miso (if needed)

1 package Udon noodles

**Meat/Fish/Poultry**

large, cooked, shelled shrimp  *(if none available, buy frozen)*

**Frozen Foods**

large, cooked, shelled and deveined shrimp *(if no fresh available)*

frozen snow peas (if no fresh available)

**Chilled Foods/Dairy**