

## Everything Bagel Noodles

My husband loves nothing more than a big bowl of noodles for a meal, so it's something I make on a regular basis. I find it can get boring sometimes, so I'm always experimenting with seasonings, sauces, and other additions. This one may turn out to be one of my favorites, and one of the reasons for that is the Everything Bagel seasoning.

Everything bagels are known for a strongly flavored mix of sesame seeds, garlic, poppy seeds, onion, and salt. The coarse mixture is perfect for a chewy, toasted bagel topped with cream cheese. It's intense and crunchy, and a familiar flavor if you eat a lot of bagels.

But those flavors also go well with a lot of other foods, so when Ava Jane's Kitchen sent me a jar of the mixture, I couldn't wait to use it, especially after opening the jar and being hit with the powerful aroma.

I wasn't going to use it here, but as I was making these noodles, I wanted something to liven it up since it was a simple sauté of linguine noodles and carrots. A finish of green onions and a squirt of lime juice rounds everything out.

A word of warning about the Everything Bagel seasoning — it's salty, but in a good way. I urge you to take a pinch straight from the jar and taste it as is before using it so you can gauge just how much additional seasoning you'll want to use. I salted the water when I cooked my noodles, but didn't use any additional salt in them besides what was in the Everything Bagel seasoning.

### Everything Bagel Noodles

Serves 4

Prep time: 20 minutes

#### Ingredients:

8 ounces linguine

2 tablespoons Ava Jane's Kitchen Avocado Oil

1/2 cup grated or julienned carrots

1 tablespoon Ava Jane's Kitchen Everything Bagel seasoning, more or less to taste

Juice of 1 lime

1/2 cup sliced green onions

#### Directions:

Cook the linguine according to the package directions, drain.

Heat the avocado oil in a wide, deep skillet over medium heat. Add the carrots, and cook until softened.

Add the noodles, stir, and add the Everything Bagel seasoning.

Add the lime juice and green onions, heat through and serve.

