

Easy Peanut Noodles with Vegetables

This is an easy dish to make using a few common ingredients. Cooks up quickly and can even be served cold. The veggies in this recipe can be substituted with many other types if you prefer, try adding some of these: onions, green peas, cauliflower, mushrooms, or asparagus.

Ingredients:

16 ounces whole wheat pasta
2 cups broccoli florets
2 cups carrots (medium chopped)
2 cups red bell pepper (strips)

For the sauce:

6 tablespoons peanut butter^[SEP]
4 tablespoons soy sauce^[SEP]
1½ tablespoons lime juice^[SEP]
2 tablespoons sesame oil **OR** substitute with canola oil
2-4 garlic cloves, minced
Crushed red chili flakes, as much as you like

Method

1. In a large pot bring water to a boil.
2. Lightly coat a large frying pan with oil or non-stick spray, heat the pan to medium, add chopped carrots and cook until crisp-tender (about 2 minutes), then add the bell peppers and cook until crisp-tender. Transfer cooked veggies to large bowl.
3. While water is coming to a boil, make the sauce. Place all sauce ingredients (peanut butter through red chili flakes) in a small bowl. Add 1/3 cup of water, and whisk everything together until a sauce forms. Set aside. *If peanut butter is too thick, heat in microwave for 15 seconds.*
4. When the water boils, add the broccoli florets and continue boiling until the broccoli is bright green and crisp-tender, about 1 minute. Using a slotted spoon, remove the broccoli from the water and place in a large bowl with other veggies.
5. Bring the same water back to a boil. Then add pasta to the water and cook according to package instructions. Drain pasta in colander.
6. Add the drained pasta to the large bowl with the vegetables. Pour the peanut sauce over the pasta and toss well. Serve warm or cold.



Nutrition Facts	
6 servings per container	
Serving size	1.5 Cups
Amount Per Serving	
Calories	320
	<small>% Daily Value*</small>
Total Fat 15g	19%
Saturated Fat 0g	0%
Trans Fat 0g	
Sodium 530mg	23%
Total Carbohydrate 41g	15%
Dietary Fiber 9g	32%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 12g	24%
<small>Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium</small>	
<small>*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	