

# Easy Peanut Noodles with Vegetables

*This is an easy dish to make using common ingredients found in your refrigerator. It cooks up quickly and can even be served cold. Vary the veggies with others you may have on hand: try onions, green peas, cauliflower, mushrooms, or asparagus.*

## Ingredients:

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

## For the peanut sauce:

6 tablespoons peanut butter<sup>[SEP]</sup>  
4 tablespoons soy sauce<sup>[SEP]</sup>  
1 ½ tablespoons lime juice<sup>[SEP]</sup>  
2 tablespoons sesame oil **OR** vegetable oil  
2-4 garlic cloves, minced  
Crushed red chili flakes, as much as you like

## Preparation:

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. 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

% Daily Value\*

<b>Total Fat</b> 15g	<b>19%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Sodium</b> 530mg	<b>23%</b>
<b>Total Carbohydrate</b> 41g	<b>15%</b>
Dietary Fiber 9g	<b>32%</b>
Total Sugars 0g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 12g	<b>24%</b>

Not a significant source of cholesterol, vitamin D, calcium, iron, and potassium

\*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.