

THAI NOODLE SALAD

1 1/2 CUP SERVING, SERVES ~4

Try this refreshing meal for hot summer days when you don't want to turn on your stove. The whole grain noodles and vegetables all fall into the GREEN category of the SWAP system (Supporting Wellness at Pantries) and the peanut sauce is easily mixed by hand. No blender or food processor needed!

Salad

- 1 (8 oz) package of brown rice noodles OR 8 oz of whole wheat spaghetti
- 1 tbsp oil
- 1 (12 oz.) bag cabbage slaw
- 1 red bell pepper, thinly sliced
- 1 cucumber, chopped into 1/2 inch dice
- 3 green onions, sliced
- 1 cup cilantro, chopped

Peanut sauce

- 1/4 cup peanut butter OR almond butter
- 1 tbsp grated ginger OR 1/2 tsp dried ginger
- 1 large clove garlic, finely diced
- 1/4 cup 100% orange juice
- 3 tbsp lime juice
- 3 tbsp honey
- 2 tbsp lower sodium soy sauce
- 3 tbsp sesame oil or vegetable oil
- 1/4 tsp salt

Directions

- Prepare the noodles according to package. Place in a large serving bowl and drizzle with oil, set aside.
- Warm peanut butter in microwave for 5 - 10 seconds in a bowl
- Add ginger, garlic, orange juice, lime juice, honey, soy sauce, oil, and salt to the bowl with the peanut butter and whisk until well combined.
- Place cabbage slaw, red bell pepper, cucumber, green onions, and cilantro in to the bowl with the noodles. Mix until well combined.
- Add the peanut sauce to the noodles-vegetable mixture and toss, mixing until the noodles and vegetables are well coated with the sauce..

CHICKEN FAJITAS

MAKES 16 FAJITAS

Chicken fajitas are a great way to use pre-cooked frozen fajita strips and a perfect way to include fresh vegetables and whole grains in your family's diet. If you don't have "no salt added" or low sodium canned vegetables, rinsing the beans and corn can remove some of the salt.

Black Bean and Corn salad

- 2 (15 oz) cans black beans, drained and rinsed
- 1 (15 oz) can corn, drained and rinsed
- 2 tomatoes, chopped into 1/4 inch dice
- 1 avocado, peeled, pitted, and diced
- 1/3 cup lime juice
- 1/2 cup olive oil
- 1/2 tsp salt
- 1/4 tsp cayenne pepper

Directions

- Put black beans, corn, tomatoes, and avocado into a large bowl
- For salad dressing, whisk lime juice, olive oil, salt, and cayenne pepper well in a small bowl.
- Pour dressing over beans and corn mixture. Mix until combined. Set aside while you prepare the fajitas.
- Re-heat defrosted fajita strips by warming in a pan. Remove to a plate and cover with foil to keep warm.
- Using the same pan, increase heat to high and add oil.
- Saute green pepper, red pepper, and onion until they soften and are charred in spots.
- In the center of a tortilla layer 1/4 cup chicken, and add peppers, and onions.
- Serve black bean and corn salad on the side with the fajitas.

Fajitas

- 1 (2 lb) package of frozen fajita strips, defrosted
- 1 tbsp oil
- 1 green pepper, sliced
- 1 red pepper, sliced
- 1 yellow onion, sliced
- 16 corn or whole wheat tortillas