

Asian Noodles with Peanut Butter Sauce

SERVING SIZE: 1 cup
SERVINGS: 8
PREPARATION TIME: 5 minutes
COOK TIME: 15-20 minutes

INGREDIENTS:

- 1 16 ounce package whole wheat pasta (rotini works best)
 - ¼ cup peanut butter
 - 1/3 cup warm water
 - ¼ cup low-sodium soy sauce
 - 2 Tablespoons cider vinegar
 - 4 teaspoons sugar
 - 1 2 ½ pound bag frozen vegetables (broccoli, peas, peppers, onion, etc.)
 - 2 teaspoons red pepper flakes
- Optional: 1 can chicken or 2 cups diced chicken



DIRECTIONS:

1. Cook pasta using directions on package.
2. While the pasta cooks prepare the sauce and vegetables.
3. In a medium bowl, combine peanut butter, warm water, soy sauce, vinegar, and sugar. Mix until sugar dissolves.
4. In a microwave-safe bowl, add thawed frozen vegetables and ½ cup water. Steam in microwave for 3-5 minutes until hot.
5. Drain off excess water.
6. Pour peanut sauce and steamed veggies over cooked drained pasta in a large bowl.
7. Toss and serve either warm or cold.

NUTRITION FACTS:

Amount Per Serving	
Calories	347
Total fat	5g
Saturated fat	1g
Cholesterol	0mg
Sodium	368mg
Total Carbohydrate	64g
Fiber	11g
Sugar	8g
Includes 2g of Added Sugars	
Protein	15g
Phosphorus	258mg
Potassium	402mg

EQUIPMENT NEEDED:

- Colander
- Large pot
- Measuring cups and spoons
- Large bowl
- Microwave-safe bowl
- Can opener

Recipe submitted by Mount Mary University Dietetics Department

Additional recipes available at: healthyshelves.org