Asian Noodles with Peanut Butter Sauce

INGREDIENTS:
1. 16 ounce package whole wheat pasta (rotini works best)
2. ¼ cup peanut butter
3. 1/3 cup warm water
4. ¼ cup low-sodium soy sauce
5. 2 Tablespoons cider vinegar
6. 4 teaspoons sugar
7. 1 2 ½ pound bag frozen vegetables (broccoli, peas, peppers, onion, etc.)
8. 2 teaspoons red pepper flakes
Optional: 1 can chicken or 2 cups diced chicken

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

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.

Recipe submitted by Mount Mary University Dietetics Department
Additional recipes available at: healthyshelves.org

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

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