

# Peanut Noodles with Sautéed Veggies & Crispy Tofu



*This recipe is a low-sodium dish that is packed with spicy, sweet and umami flavors that will keep you from reaching for the saltshaker.*

| YIELD<br>8 SERVINGS | PREP TIME<br>15 MIN | TOTAL TIME<br>50 MIN |
|---------------------|---------------------|----------------------|
|---------------------|---------------------|----------------------|

## INGREDIENTS

### For the Noodles:

|          |                                                         |
|----------|---------------------------------------------------------|
| 10 oz    | Whole Wheat Spaghetti                                   |
| 2 tsp    | Olive oil                                               |
| 2 heads  | Broccoli, cut into small florets (about 8 cups chopped) |
| ¾ cup    | Water                                                   |
| 2 large  | Carrot, peeled, grated (about 2 cups)                   |
| 1 cup    | Edamame, shelled, frozen (thawed)                       |
| 3 stalks | Green Onion, thinly sliced                              |
| 3 Tbsp   | Peanuts, roasted, unsalted, chopped                     |
| 1 recipe | Crispy Baked Tofu (see separate recipe)                 |

### For the Sauce:

|          |                                                           |
|----------|-----------------------------------------------------------|
| ½ cup    | Peanut Butter, natural, no sugar added                    |
| ¼ cup    | Soy Sauce, reduced sodium                                 |
| 1/3 cup  | Water                                                     |
| 2 Tbsp   | Sesame Oil                                                |
| 1 each   | Lime, juiced                                              |
| 2 Tbsp   | Rice Vinegar                                              |
| 1 Tbsp   | Honey                                                     |
| 2 tsp    | Sriracha                                                  |
| 2 tsp    | Ginger, fresh, peeled and roughly chopped (about ½ inch") |
| 2 cloves | Garlic                                                    |
| ¼ cup    | Cilantro, chopped (about ¼ bunch)                         |

## CHEF'S NOTES

Tahini or seed butter like sun butter can be substituted for the peanut butter and peanuts for a nut-free version of this dish.

Pro tip: For a safer method to peel ginger with less waste, use a spoon! Hold the bowl of the spoon firmly with your thumb and forefinger. Scrape the ginger root with the edge of the spoon to easily remove the thin ginger skin.

This Asian inspired peanut noodle dish makes for great leftovers, we like to serve them cold or at room temperature. For a tangier dish, you can add extra vinegar or lime to the sauce.

## DIRECTIONS

1. Gather all ingredients and equipment. Prepare all ingredients as described above.
2. Bring a large saucepot of water to a boil over high heat. Once boiling, add the spaghetti and cook for 7-8 minutes. Drain the pasta and rinse under cold water to remove excess starch. Add the pasta back to the empty pot and set aside, away from the heat.
3. Meanwhile, heat a large **nonstick** sauté pan over medium-high heat and add the olive oil. When the oil is hot, add the broccoli and sauté for 1-2 minutes. Add water to the pan, a few tablespoons at a time, to help cook the broccoli until it becomes tender and brighter, about 5 minutes.

4. Add the edamame to the pan and let it cook until slightly browned, about 2 minutes. Add the carrot and cook for 1-2 minutes more.
5. Transfer the cooked vegetables to a large mixing bowl and place them in the refrigerator to cool for about 5-10 minutes.
6. Meanwhile, prepare the sauce by adding all the sauce ingredients to a large blender pitcher. Start the blender on low speed and adjust the speed until the sauce is smooth and creamy, scraping down the sides of the blender as needed.
7. When the vegetables have cooled and the sauce is prepared, add the noodles, sauce, and crispy baked tofu to the bowl with the vegetables and toss to combine. Garnish with the chopped peanuts and green onions. Enjoy!

| Nutrition Facts                                                                                                                                                     |                         |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------|
| 8 servings per container                                                                                                                                            |                         |
| <b>Serving size</b>                                                                                                                                                 | <b>1 1/2 cup (289g)</b> |
| <b>Amount Per Serving</b>                                                                                                                                           |                         |
| <b>Calories</b>                                                                                                                                                     | <b>440</b>              |
| % Daily Value*                                                                                                                                                      |                         |
| <b>Total Fat</b> 22g                                                                                                                                                | <b>28%</b>              |
| Saturated Fat 3g                                                                                                                                                    | <b>15%</b>              |
| Trans Fat 0g                                                                                                                                                        |                         |
| <b>Cholesterol</b> 0mg                                                                                                                                              | <b>0%</b>               |
| <b>Sodium</b> 440mg                                                                                                                                                 | <b>19%</b>              |
| <b>Total Carbohydrate</b> 45g                                                                                                                                       | <b>16%</b>              |
| Dietary Fiber 9g                                                                                                                                                    | <b>32%</b>              |
| Total Sugars 7g                                                                                                                                                     |                         |
| Includes 2g Added Sugars                                                                                                                                            | <b>4%</b>               |
| <b>Protein</b> 22g                                                                                                                                                  | <b>44%</b>              |
| Vitamin D 0mcg                                                                                                                                                      | 0%                      |
| Calcium 160mg                                                                                                                                                       | 10%                     |
| Iron 3.7mg                                                                                                                                                          | 20%                     |
| Potassium 710mg                                                                                                                                                     | 15%                     |
| * 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. |                         |

CONTAINS: WHEAT, PEANUTS, SOY, SESAME

