

Peanut Noodles with Chicken



Whip up your own takeout inspired noodles with lean chicken and a creamy peanutty sauce. This dish makes great leftovers and tastes just as good eaten cold!

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 45 MIN
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INGREDIENTS

For the Noodles:

6 oz	Whole Wheat Spaghetti
1 cup	Edamame, shelled
1 tsp	Olive Oil
8 oz	Chicken Breast, boneless and skinless, cut into bite size pieces
1 each	Carrot, grated
3 each	Green Onions, chopped
3 Tbsp	Peanuts, unsalted, copped
2 Tbsp	Cilantro, chopped

For the Peanut Sauce:

¼ cup	Peanut Butter, natural, no sugar added
2 Tbsp	Cilantro, chopped
1 each	Lime, juiced
1 Tbsp	Soy Sauce, reduced-sodium
1 tsp	Honey
3 Tbsp	Water
¼ tsp	Crushed Red Pepper Flakes

CHEF'S NOTES

This recipe is a great example of using a recipe as a guide or a template but customizing with ingredients that you have on hand or like best. We use whole wheat spaghetti noodles, but you can also use rice or soba noodles. Tofu would be a great vegetarian substitute for the chicken and you can add any of your favorite vegetables.

For a nut-free version, substitute sunflower seed butter for the peanut butter and sesame seeds for the chopped peanuts.

Try this recipe served with our Sesame Ginger Broccoli on the side or mixed in for even more color, fiber, and flavor!

DIRECTIONS

1. Gather all necessary equipment and ingredients. 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 in the last minute of cooking the spaghetti, add the edamame, cooking the pasta for a total time of about 7-8 minutes. Drain the pot and rinse under cold water. Pour the rinsed noodles and edamame back into the pot and set aside away from heat to allow the noodles to further cool down.
3. Heat a medium sauté pan over medium heat. Once hot, add the oil and then the chicken pieces in an even layer. Cook until lightly browned on the first side, about 2 minutes, then use tongs to flip each piece to finish cooking, about 2 more minutes or until the internal temperature reaches 165°F.

4. Add the shredded carrot to the pan and toss. Let the carrot to soften, about 1 additional minute. Remove from heat and transfer the cooked chicken and carrot to the pot of noodles.
5. Meanwhile, prepare the sauce by adding all sauce ingredients into in a small blender cup, and blend until smooth and creamy, about 1 minute. Add more water as needed to reach a pourable consistency.
6. Pour the sauce over the mixture and stir to coat evenly (off heat). Top with the sliced green onion, chopped peanuts and remaining cilantro. Top with the sliced green onion, chopped peanuts, cilantro, and serve at room temperature or cold.

Nutrition Facts	
4 servings per container	
Serving Size	1 1/2 cup (222 g)
Amount per serving	
Calories	450
% Daily Value *	
Total Fat 17g	22%
Saturated Fat 2g	11%
<i>Trans Fat 0g</i>	
Cholesterol 40mg	14%
Sodium 290mg	12%
Total Carbohydrate 45g	16%
Dietary Fiber 8g	30%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 28g	57%
Vitamin D 0.01mcg	0%
Calcium 30mg	2%
Iron 1mg	6%
Potassium 400mg	8%
<small>*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.</small>	



Recipe adapted from Health meets Food "Asian Peanut Chicken with Noodles" (12/2/16)