

Peanut Noodles with Sautéed Veggies

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 8 SERVINGS | PREP TIME 15 MIN | TOTAL TIME 50 MIN |
|---------------------|---------------------|----------------------|
|---------------------|---------------------|----------------------|

INGREDIENTS

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 grated |
| 2 cloves | Garlic, grated |
| ¼ cup | Cilantro, chopped |

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) |

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, served hot or cold. 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, place the spaghetti into the pot and cook the pasta for 7-8 minutes. Drain the pasta and rinse under cold water to remove excess starch. Set aside, away from heat.
3. While waiting for the water to boil and the noodles to cook, cut the vegetables according to ingredient instructions above.

- Heat a large **nonstick** sauté pan over medium-high heat and add 2 tsp of 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.
- 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.
- Meanwhile, prepare the sauce by adding all the sauce ingredients to a large blender pitcher, and blend until smooth.
- When the vegetables have finished cooking, transfer to a separate bowl and place them in the refrigerator to cool for 5-10 minutes.
- When the vegetables have cooled and the sauce is prepared, combine the noodles, vegetables, sauce, and crispy tofu in a bowl and toss to combine. Garnish with the chopped peanuts and green onions

| Nutrition Facts | |
|--|---------------------------|
| 8 servings per container | |
| Serving Size | 1 1/4 cups (224 g) |
| Amount per serving | |
| Calories | 370 |
| % Daily Value * | |
| Total Fat 16g | 20% |
| Saturated Fat 2g | 11% |
| Trans Fat 0g | |
| Cholesterol 0mg | 0% |
| Sodium 480mg | 21% |
| Total Carbohydrate 44g | 16% |
| Dietary Fiber 9g | 31% |
| Total Sugars 8g | |
| Includes 2g Added Sugars | 4% |
| Protein 16g | 32% |
| Vitamin D 0mcg | 0% |
| Calcium 60mg | 4% |
| Iron 2mg | 9% |
| Potassium 500mg | 11% |
| *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. | |

