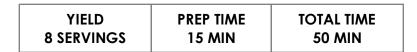
Peanut Noodles with Sautéed Veggies

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.





INGREDIENTS

For the Sauce:

½ cup Peanut Butter, natural, no sugar added

1/4 cup Soy Sauce, reduced sodium

1/3 cup Water

2 Tbsp1 each2 TbspSesame OilLime, juicedRice Vinegar

1 Tbsp Honey 2 tsp Sriracha

2 tsp Ginger, fresh, peeled and grated

2 cloves Garlic, grated 1/4 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)

3/4 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.

- 4. 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.
- 5. 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.
- 6. Meanwhile, prepare the sauce by adding all the sauce ingredients to a large blender pitcher, and blend until smooth.
- 7. When the vegetables have finished cooking, transfer to a separate bowl and place them in the refrigerator to cool for 5-10 minutes.
- 8. 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 areen onions

Nutrition Fa	ICIS
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 Suga	rs 4%
Protein 16g	32%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 2mg	9%
Potassium 500mg	11%

