



Easy Peanut Noodles



1-800-WIC-1007

Ingredients

12 oz. uncooked whole wheat linguine or spaghetti
4 cups fresh or frozen vegetables such as
 chopped broccoli or Asian medley
¼ cup peanut butter
¼ cup water
¼ cup low-sodium soy sauce
2 tablespoons canola oil

Juice of 1 lime
2-3 garlic cloves, minced
3 tablespoons green onion, cilantro, or
 parsley for garnish
3 tablespoons chopped peanuts for
 garnish (optional)

Directions

1. Bring a pot of water to boil and prepare the pasta according to package directions.
2. Microwave the frozen vegetables in a microwave-safe container; covered with a paper towel for 3-5 minutes.
3. While the broccoli and pasta cook, prepare the sauce. In a bowl, combine the peanut butter, water, soy sauce, canola oil, lime juice, and garlic. Whisk well until smooth.
4. Drain the cooked noodles and add to the sauce. Lastly, add in the cooked vegetables and toss to combine.
5. Garnish with green onion, cilantro, parsley and/or peanuts.
6. Refrigerate for up to 3 days; or freeze for up to 2 months.

Serves: 6 • Serving Size: $\frac{3}{4}$ cup • Prep Time: 10 minutes • Cook time: 20 minutes

Chef Tips

1. Substitute seasonal vegetables or other frozen vegetable such as peapods
2. Add extra vegetables such as chopped fresh spinach, kale, bok choy, bean sprouts, or shredded carrots
3. Add diced, cooked chicken, beef, shrimp or firm tofu for added protein
4. Add red pepper flakes for spice
5. This can be served hot or cold
6. Keeps in the refrigerator for 3-5 days

Supplies

- Pot
- Strainer
- Microwave-safe container
- Mixing bowl
- Mixing spoon
- Whisk
- Cutting board
- Knife



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Nutrition Facts Per Serving: 324 Calories, 11 g Fat, 48 g Carbohydrate, 14 g Protein, 430 mg Sodium