NOODLES WITH PEANUT SAUCE

INGREDIENTS:
1 (16 ounce) package whole wheat pasta
¼ cup peanut butter
1/3 cup warm water
¼ cup low-sodium soy sauce
2 Tablespoons cider vinegar
4 teaspoons sugar
1 bag frozen vegetables, such as peppers, broccoli or snow peas, thawed

Optional Ingredients:
2 teaspoons red pepper flakes

MATERIALS:
Colander
Large pot
Measuring cups
Measuring spoons
Medium bowl
Microwave-safe bowl

Serves: 8
Serving Size: 1 cups

*Recipe from Share Our Strength's Cooking Matters®

Find more recipes online at: www.gcfb.org/recipes_resources
2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce.
3. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves. If using, stir in red pepper flakes.
4. In a microwave-safe bowl, add thawed frozen veggies and ½ cup water. Steam in microwave for 3-5 minutes. Drain any excess water.
5. Pour peanut sauce and steamed veggies over cooked, drained pasta. Toss to combine. Serve warm or cold.

Chef’s Notes:
- Top with sliced cooked chicken breast, firm tofu, or chopped peanuts if you like.
- Top with any heated leftover veggies you like.
- Add ½ teaspoon minced garlic or minced ginger to peanut sauce.