



## NOODLES WITH PEANUT SAUCE

### MATERIALS:

Colander  
Large pot  
Measuring cups  
Measuring  
spoons

Medium bowl  
Microwave-safe  
bowl

### 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

Serves: 8

Serving Size: 1 cups

\*Recipe from Share Our Strength's Cooking Matters®

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## DIRECTIONS:

1. Cook pasta using package directions. Make sauce and veggies while pasta cooks.
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.