

# THAI-INSPIRED PEANUT NOODLES

SERVES: 6 | SERVING SIZE: 3/4 cup | PREP: 15 minutes | READY: 30 minutes

## INGREDIENTS

- 1/4 cup peanut butter
- 3 tablespoons reduced-sodium soy sauce
- 2 tablespoons rice vinegar
- 2 tablespoons brown sugar
- 2 teaspoons chili garlic sauce (such as Huy Fong Vietnamese Chili Garlic Sauce)
- 2 teaspoons grated fresh ginger root
- 1 clove garlic, minced
- 6 ounces dry whole grain spaghetti (3 cups cooked)
- 1 cup frozen shelled edamame (mukimame)
- 1 cup julienned red bell pepper
- 3/4 cup thinly sliced green onion, divided
- 2 to 3 tablespoons minced fresh cilantro
- 1 tablespoon sesame seeds
- 1 lime, cut into wedges



## DIRECTIONS

In a small bowl, whisk together peanut butter, soy sauce, vinegar, brown sugar, chili garlic sauce, ginger root, and garlic. Set aside.

In a large pot of unsalted boiling water, cook pasta according to package directions (6 ounces dry spaghetti yields 3 cups cooked). **During the final 3 minutes of cooking the pasta, add the frozen edamame.** Drain pasta and edamame, and transfer to a large bowl. Add red bell pepper and 1/2 cup green onion. Pour in peanut sauce and gently stir to combine.

Transfer to a serving dish and garnish with remaining green onion, cilantro, and sesame seeds. Serve with lime wedges.

## NUTRITION INFORMATION PER SERVING

253 calories, 8 g total fat, 1 g saturated fat, 0 g trans fat, 0 mg cholesterol, 299 mg sodium, 35 g total carbohydrate, 6 g dietary fiber, 8 g total sugars, 4 g added sugars, 11 g protein, 0 mcg (0%) vitamin D, 66 mg (6%) calcium, 2 mg (10%) iron, 606 mg (15%) potassium

