

This recipe adapted from the [Cooking Matters® website](#) makes a yummy and nutritious Asian inspired sauce out of peanut butter and soy sauce.

Noodles with Peanut Butter Sauce



Photo Credit: Share Our Strength

Ingredients:

- 1 (16 ounce) package whole wheat or regular pasta (spaghetti)
- ¼ cup peanut butter
- ⅓ cup warm water
- ¼ cup low-sodium soy sauce
- 2 Tablespoons cider vinegar
- 4 teaspoons sugar
- 1 bag frozen vegetables, such as broccoli or snow peas, thawed

Optional Ingredients

- 2 teaspoons red pepper flakes

Instructions:

1. In a large pot bring water to boil to cook pasta.
2. Lightly thaw frozen veggies in the microwave for two to three minutes.
3. Add pasta to boiling water.
4. While pasta is cooking, combine peanut butter and warm water in a medium bowl,. Stir into a smooth, thin sauce.
5. Add soy sauce, vinegar, and sugar to the bowl. Mix until sugar dissolves. If using, stir in red pepper flakes.
6. Just before pasta finishes cooking, add thawed veggies to the pot with the pasta. Drain pasta and veggies and return to pot.
7. Pour peanut sauce over the pasta and veggies. Toss to combine. Serve warm or cold.

- ✓ Serves 8
- ✓ 300 calories per serving

Notes:

When adding the sauce to the pasta and veggies, you could also add a cooked protein, like cubed tofu or diced chicken.

Spice up the sauce with ½ teaspoon garlic powder or ginger.

Recipes created or adapted by Jani H. Leuschel, MS, NDTR (Nutrition and Dietetic Technician, Certified) who blogs at [Food Hall by Jani](#), a website featuring recipes with nutrition bonuses.

