



Simple Stir-Fry Noodles

Servings 6 | Prep time 15 mins. | Total time 30 mins.

Equipment: Large pot, Colander

Utensils: Measuring cups and spoons, Whisk or fork, Tongs or spatulas

Ingredients

6 ounces whole wheat spaghetti

1/4 cup peanut butter

2 tablespoons low-sodium soy sauce

1/2 cup water

1 teaspoon red pepper flakes

1/2 teaspoon ground ginger

1/2 large head cabbage, thinly sliced or 1 16 ounce bag of coleslaw mix

1/4 cup green onions, thinly sliced

8 ounces cooked protein of your choice: chicken breast, tofu, or ground pork
(optional)

Instructions

1. Before you begin wash your hands, surfaces, utensils, and vegetables.
2. Bring 4 cups water to boil in a large pot. Add spaghetti noodles and cook according to package directions. Drain pasta and rinse with water.
3. Over low heat, add peanut butter, soy sauce, and 1/2 cup water to the large pot. Whisk quickly to combine.
4. Add red pepper flakes, ginger, and cabbage to peanut sauce and cook 3 to 4 minutes, tossing continuously.
5. Stir in green onions, cooked noodles and protein, if using.

Nutritional Information:

Calories 290 Total Fat 8g Sodium 300mg Total Carbs 39g Protein 19g