



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 grain spaghetti
1/4 cup peanut butter
2 tablespoons lite 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 (chicken breast, tofu, or ground pork), chopped (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