



Peanut Sesame Noodles

Prep Time: 20 minutes

Cook Time: 10 minutes

Total Time: 30 minutes

Servings: 4

Serving Size: ¼ of the recipe

Ingredients:

8 ounces lo mein noodles
Small head broccoli, cut into florets
1 large carrot, cut into matchsticks
½ cucumber, cut into matchsticks
1/3 cup peanut butter
3 tablespoons water
3 tablespoons maple syrup
1 tablespoon seasoned rice vinegar
1 tablespoon soy sauce or tamari
1 tablespoon hoisin sauce

1 tablespoon tomato paste
1 teaspoon sesame oil
1 tablespoon sesame seeds

Directions:

1. Cook noodles according to package directions. Add broccoli florets for last 2 minutes of cooking time.
2. In a large bowl, whisk together peanut butter, water, maple syrup, rice vinegar, soy sauce, hoisin sauce, tomato paste and sesame oil until it is smooth and creamy.
3. Add the cooked noodles and broccoli to the sauce and mix until everything is well coated.
4. Sprinkle the carrots, cucumbers and sesame seeds on top.

Tips and Tricks:

You can add whatever veggies you like to this. Bell peppers, snow peas, or zucchini would all be nice. This dish is just as good at room temperature or cold as it is hot.

If you can't find lo mein noodles, you can use spaghetti noodles and it will work just as well.

Nutritional Information Per Serving:

Calories: 429
Fat: 15.4
Cholesterol: 0 mg
Sodium: 1306 mg
Total Carbohydrate: 65.6 g
Dietary Fiber: 8.5 g
Sugars: 18.6 g
Protein: 11.1 g