



## Peanut Sesame Noodles

**Prep Time:** 10 minutes

**Cook Time:** 10 minutes

**Total Time:** 20 minutes

**Servings:** 4

**Serving Size:** ¼ of the recipe

### Ingredients:

8 ounces 100% buckwheat soba noodles	1 tablespoon tomato paste
Small head broccoli, cut into florets	1 ½ teaspoons sesame oil
1 large carrot, cut into matchsticks	1 tablespoon sesame seeds
½ cucumber, cut into matchsticks	
1/3 cup peanut butter plus 2 teaspoons	
3 tablespoons water	
3 tablespoons maple syrup	
1 tablespoon seasoned rice vinegar	
2 tablespoon gluten free soy sauce or tamari	

### 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, 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.

### 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