

Sesame Noodles

Source: nutritionaction.com

Prep **Total**
25 min 25 min

Serving: 4

Ingredients

4 oz. **whole wheat spaghetti**
4 cups **bean sprouts**
2 cups **thinly sliced snow peas**
2 Tbs. **toasted sesame oil**
 $\frac{1}{4}$ cup **unsalted peanut butter**
2 Tbs. **reduced-sodium soy sauce**
1 Tbs. **rice or cider vinegar**
1 tsp. **brown sugar**
1 **scallion** *minced*
1 Tbs. **finely minced ginger**
1 clove **garlic** *finely minced*
2 tsp. **Asian chili sauce**
1 cup **grated carrot**

Directions

Cook the spaghetti according to the package instructions.

Just before the pasta is done, add the bean sprouts and snow peas to the pot. Cook for 30 seconds, then drain everything well.

Return the pasta, sprouts, and snow peas to the pot and toss with the sesame oil.

In a large bowl, whisk the peanut butter, soy sauce, vinegar, sugar, scallion, ginger, garlic, and chili sauce with 2 Tbs. of water.

Toss the peanut butter mixture with the spaghetti, sprouts, snow peas, and carrot.

Tip: Slice the snow peas and whisk the sauce ingredients together while the pasta is cooking, and this delicious-every-time dish will be on the table in under 30 minutes. Want more protein? Toss in some tofu or edamame.

