

Jefferson College of Health Professions Nutritional Sciences Department + Family Food Market Recipe Contest

Winner: Alyssa Cunningham

Peanut Noodles

These delicious noodles are a quick and easy meal! They come together in the time it takes to boil the pasta. They are great eaten warm or cold. Add a protein of your choice and some chopped veggies for a complete meal!

Ingredients:

- 1 box of pasta (any type)
- 1/2 cup peanut butter
- 1/2 cup low-sodium soy sauce
- 1/4 cup rice vinegar
- 1/4 cup water
- 1 and 1/2 Tablespoons sesame oil

Directions:

1. Cook pasta according to package directions.
2. Whisk together peanut butter, soy sauce, rice vinegar, water, and sesame oil in a separate bowl.
3. Drain cooked pasta, add peanut sauce and mix together.
4. Top with red pepper flakes, green onions, and sesame seeds. (optional)

Nutrition Facts per Serving:

Makes 4 servings.

Calories 580, Total fat 24g, Saturated Fat 5g, Cholesterol 80mg,
Sodium 1930mg, Total Carbohydrate 70g, Dietary Fiber 2g,
Total Sugars 5g, Protein 23g

