

Asian Noodles with Peanut Sauce

Ingredients:

- 16 oz. whole wheat pasta
- $\frac{1}{4}$ c peanut butter
- $\frac{1}{3}$ c warm water
- $\frac{1}{4}$ c low sodium soy sauce
- 2 tbsp. cider vinegar
- 1 bag frozen vegetables (broccoli, snow peas)
- 1 $\frac{1}{2}$ c shredded chicken



Directions:

1. Cook pasta using package directions. Make sauce and vegetables while pasta cooks.
2. In a medium bowl, combine peanut butter and hot water. Stir into a smooth, thin sauce.
3. Add soy sauce and vinegar. Mix until all ingredients combine.
4. Microwave frozen vegetables using package instructions.
5. Add shredded chicken and steamed vegetables into the drained pasta and pour peanut sauce and on top. Toss to combine. Serve warm or cold.

Nutrition

Serving size: 1 cup (8 servings per container)
Total fat: 8g
Sodium: 190mg

Saturated fat: 1g
Protein: 17g

Calories: 280
Carbohydrates: 45g