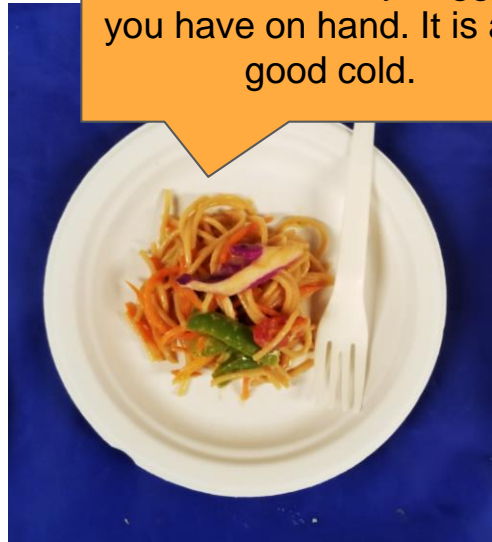


Spicy Peanut Noodles

Ingredients

- ~8 ounces whole grain noodles (e.g. whole wheat spaghetti, udon)
- 1/4 cup crunchy unsalted peanut butter
- 1/4 cup reduced sodium soy sauce
- 1 tablespoon garlic powder (or 3 cloves minced garlic)
- 2 tablespoons of honey
- 1 tablespoons Sriracha
- 3 cups of shredded cabbage/carrots or other veggies
- Optional: 1/2 teaspoon ginger powder with the sauce, chicken, tofu, snap peas, bell peppers, broccoli

Nutrition Tip: This recipe includes protein (peanut butter), whole grains (noodles) and veggies to create a balanced meal. You can add any veggies you have on hand. It is also good cold.



Directions

1. Cook noodles according to package directions.
2. Make sauce by whisking together peanut butter, soy sauce, garlic, honey, ginger, and Sriracha, set aside.
3. Combine noodles, sauce, and veggies and serve. If sauce is too thick, add a little water and stir to combine.

Recipe adapted from www.damndelicious.net

Get more recipes at

uhs.berkeley.edu/studentnutrition