

ASIAN PEANUT PASTA SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 5 (Serving= 1 cup)

Nutrition (per serving)

Calories: 297

Total Fat: 14 g

Saturated Fat: 2 g

Sodium: 326 mg

Total Carbohydrate: 38 g

Dietary Fiber: 7 g

Total Sugars: 8 g

Protein: 10 g



Ingredients

Salad

- 6 ounces uncooked whole wheat spaghetti (about 3 cups cooked) (use gluten free pasta for GF version)
- ½ cup chopped green onions
- 1 cup grated carrots
- 1 medium bell pepper, cut into strips
- ¼ cup chopped fresh cilantro
- ¼ cup whipped peanut butter
- ¼ cup chopped peanuts

Dressing

- 1 Tablespoon sesame oil
- 2 Tablespoons lite soy sauce (choose gluten free for GF version)
- 1 Tablespoon brown sugar
- 1 Tablespoon rice vinegar
- 3 cloves minced garlic
- 1 teaspoon red pepper flakes
- ¼ teaspoon ground ginger



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Directions

1. Cook pasta according to directions on package.
2. In a large bowl, combine green onions, carrots, bell pepper, cilantro, peanut butter and peanuts.
3. In a small bowl, whisk dressing ingredients.
4. Add warm pasta to salad ingredients and top with dressing. Toss well to coat, making sure peanut butter gets creamy and melts throughout.
5. Refrigerate for 4 hours prior to serving.
6. Top with grilled chicken breast to make meal or serve salad as a side dish.



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