

# Ingredients

- 1 package (14 oz.) rice noodles, spaghetti, or linguine
- 2 tablespoons oil
- 3 green onions, chopped
- 3 garlic cloves, finely chopped
- 2-4 tablespoons water
- Sesame seeds and more green onions (optional toppings)

## Sauce ingredients:

- 1/4 cup + 2 tablespoons peanut butter
- 1/4 cup soy sauce - reduced sodium if available
- 1 tablespoon sesame oil (optional)
- 2 tablespoons maple syrup or honey
- 1/2 tablespoon sriracha or other hot sauce (optional)
- 4 tablespoons water

# Instructions

1. Cook noodles according to package directions. It's best to leave them slightly undercooked because they will finish cooking later. Remove from heat and set aside.
2. Prepare sauce by mixing all the sauce ingredients together in a bowl until well combined. (\*see note)
3. Heat oil in a large non-stick skillet on medium-high heat. Add the green onions and garlic and cook for 2 minutes.
4. Add the cooked noodles and sauce to the pan and stir everything together. If the mixture is too sticky, add a small amount of water at a time until everything mixes together well.
5. Serve immediately. Top with green onions and sesame seeds if desired.



# Noodles with Peanut Sauce



4 servings



20 minutes

**Nutrition per serving:** 622 calories, 22 g protein, 24 g total fat, 89 g carbohydrates, 9 g fiber, 698 mg sodium

## RECIPE NOTES

- *Don't overcook the noodles! Make sure they are still slightly hard in the center before mixing them into the sauce.*
- *You may need to add more or less water to the sauce depending on the brand and type of peanut butter you use. Creamy or liquidy peanut butter works best.*
- *Add any veggies and/or protein options you love to this recipe! Just cook them in the pot with the onions and garlic and then continue with the recipe. Tasty options to try: bok choy, snow peas, edamame, carrots, broccoli, chicken, or tofu!*

  
GLEANERS

