

ASIAN NOODLES

You can substitute whatever veggies you have on hand to create this flavor-packed noodle dish that is rich with asian flavor and aroma.



1 (8-ounce) package of noodles (soba noodles/whole-wheat spaghetti/rice noodles)

3-4 cups chopped vegetables (broccoli, carrots, snow peas, red pepper, etc)

1/4 cup nut butter (peanut butter/ almond butter/sunflower seed butter)

1/3 cup warm water

1/4 cup low sodium soy sauce

1 lime, juiced

4 teaspoons sugar

2 teaspoons red pepper flakes

Sliced green onions, for garnish

- 1. Cook** noodles according to package directions. Cook vegetables until tender.
- 2. Combine** sunflower seed butter with warm water in a medium bowl, and stir until smooth, thin sauce.
- 3. Add** soy sauce, lime juice, sugar and red pepper flakes to sunflower seed butter. Mix until sugar is dissolved.
- 4. Pour** sauce over cooked pasta and vegetables. Toss to cover noodles. Garnish with chopped green onions. Can be served hot or cold.

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