



NOODLES WITH PEANUT BUTTER SAUCE

Prep Time: 10 min | Cook Time: 20 min | Total Time: 30 min | Servings: 8

Ingredients

- 1 (16-oz) package long pasta, *such as spaghetti, fettucini, or ramen*
- ¼ cup peanut butter
- ¼ cup warm water
- ¼ cup low-sodium soy sauce
- 1 Tbsp apple cider vinegar
- 4 tsp sugar
- 1 broccoli crown, *scrubbed with clean vegetable brush under running water & chopped into bite-size pieces*
- 1 clove garlic, *minced*
- 1 carrot, *scrubbed with clean vegetable brush under running water & grated*
- 2 Tbsp vegetable oil

Directions

1. *Wash hands with soap & water. Sanitize surfaces before starting. Use clean utensils.*
2. Cook pasta according to the instructions on the package. Set aside.
3. In a medium bowl, combine peanut butter & warm water. Stir into a smooth, thin sauce.
4. Add soy sauce, vinegar, & sugar to the peanut butter mixture. Mix until sugar dissolves.
5. In a large pan, heat oil over medium-high heat. Add broccoli to the pan & sauté for 3 - 5 minutes until bright green & cooked throughout. Stir in garlic & cook for 1 minute.
6. Lower the heat to medium & add cooked pasta, peanut butter sauce, & grated carrot to the pan. Stir until thoroughly mixed. Gently warm.
7. Serve warm. Store leftovers in an airtight container in the fridge for 3-5 days.
Reheat leftovers to 165°F.



FOOD & NUTRITION FACTS



peanuts

- Peanuts are legumes that grow under the ground. Peanut butter is made from peanuts crushed up into a paste. Peanuts have protein & oils, which can support growth.
- Store according to package instructions. *Peanuts are one of the nine major allergens.*
- *Other uses for peanuts: Add shelled peanuts to trail mix. Chop up & top on salads, pasta dishes, & desserts.*
- *Other uses for peanut butter: Add in sweet desserts; peanut butter pairs well with chocolate. Stir into soups to add a nutty flavor & creamy texture. Spread on bread with mashed banana. Mix with honey to make a fruit dip. Combine with water to make a sauce for pasta or poultry.*



broccoli

- Broccoli is a vegetable (actually, it's technically a flower!) with nutrients like iron, vitamin K, & vitamin C which can support heart, skin, & immune health.
- Store in refrigerator for up to 2 weeks. *Wash before use.*
- *Other uses: Roast in the oven & serve as a side. Stir-fry with other vegetables & serve over rice. Pan-fry & add to pasta dishes. Eat raw in a salad or as a snack with dip.*



carrots

- Carrots are root vegetables with nutrients like beta-carotene & potassium that support good eye & heart health.
- Store in refrigerator for up to 2 weeks. *Wash before use.*
- *Other uses: Slice into sticks & eat raw as a snack. Dice with celery & onions to add to bases for soups & sauces. Grate over salads. Roast in the oven & serve as a side. Stir-fry with other vegetables & sauce & serve over rice.*



Search "Second Harvest Food Bank of East Tennessee" on Youtube.com to find cooking demonstrations & more or scan the QR code to the left.

