



Sesame Noodles

Recipe Source: www.marthastewart.com

Servings: 2

Ingredients:

- 12 oz whole wheat spaghetti
- 1 bunch broccoli, cut into florets, stalks peeled and thinly sliced
- 2 red bell peppers (ribs and seeds removed), thinly sliced
- 1 large onion, halved and thinly sliced
- ¼ cup creamy peanut butter
- 1 Tbsp brown sugar
- 2 Tbsp rice vinegar
- 1 Tbsp low-sodium soy sauce
- 1 Tbsp toasted sesame oil
- 2 garlic cloves, minced
- ½ tsp red pepper flakes, or to taste

Steps:

- In a large pot of boiling water, cook spaghetti 3 minutes less than al dente. Add broccoli, bell peppers, and onion. Cook until pasta is al dente, about 3 more minutes.
- Remove from heat and drain pasta and vegetables, reserving ½ cup pasta water.
- While pasta and vegetables are cooking, in a large bowl whisk together peanut butter, sugar, rice vinegar, soy sauce, oil, garlic, and red pepper flakes.
- Add hot pasta and vegetables, tossing to coat. Thin sauce with pasta water, a little at a time, if necessary (sauce thickens as it cools).
- Serve at room temperature or chilled.

Tips from the Test Kitchen: Natural peanut butter works well. Experiment with whatever vegetables you like – cabbage, cauliflower, pea pods, and carrots would also work well.

Nutritional Facts: Calories: 568, Carbohydrates: 84 grams, Protein: 22 grams, Total Fat: 20 grams, Saturated Fat: 4 grams, Cholesterol: 0 mg, Sodium: 460 mg, Fiber: 14 grams, Total Sugars: 20 grams.