Nutty Noodle Salad

This flexible summer dish uses any number of fresh garden vegetables and is high in healthy whole grains.

Serves 8

Ingredients

- 1 package (16 ounces) whole grain spaghetti noodles (brown rice, whole wheat or quinoa all work great)
- ¼ cup peanut butter
- ¼ cup reduced sodium tamari or soy sauce
- 2 tablespoons rice vinegar
- 3 tablespoons orange juice
- 1 bunch green onions, finely chopped
- 3 cups vegetables, thinly sliced into strips (bell peppers, cucumbers, kohlrabi, zucchini etc)
- Cilantro and peanuts, chopped for garnish

Directions

1. Cook noodles according to package directions.
2. Drain and rinse in cold water to stop cooking.
3. In a large bowl, whisk together peanut butter, tamari, vinegar and orange juice.
4. Add noodles and gently toss until well coated with sauce.
5. Add onions and other vegetables and stir gently to combine.
6. Top with optional garnishes as desired.
7. Enjoy immediately or refrigerate until ready to serve.

Nutrition Facts

Serving Size About 1½ Cups
Servings Per Recipe 8

Amount Per Serving

Calories 290	Calories from Fat 60
	% Daily Value*
Total Fat 7g	**11%**
Saturated Fat 1g	**5%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 390mg	**16%**
Total Carbohydrate 49g	**16%**
Dietary Fiber 8g	**32%**
Sugars 3g	
Protein 13g	

Vitamin A 15% • Vitamin C 50%
Calcium 4% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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