

Thai Peanut Noodle Bowl

Makes: 1 serving



Total Time: 25 minutes

Ingredients:

- ♥ 2 ounces uncooked whole-wheat pasta
- ♥ 1 tablespoon peanut butter
- ♥ 1 lime juice
- ♥ 1 garlic clove, minced
- ♥ 11- inch piece ginger, peeled and grated
- ♥ ½ cup frozen shelled edamame
- ♥ 2 cups frozen stir-fry vegetables
- ♥ 1 tablespoon chopped peanuts
- ♥ 2 scallions, sliced

PREPARATION

1. **Cook** pasta according to directions.
2. **In a skillet, sauté** peanut butter, lime juice, garlic and ginger for 1 minute.
3. **Add** edamame and vegetables and cook for 12 minutes until vegetables are tender; pour over pasta.
4. **Top** with peanuts and scallions.

Nutrition: 498 calories; 17g fat (2g saturated fat); 72g carbohydrates; 26g protein; 12g fiber; 68mg sodium