

THAI PASTA WITH SPICY PEANUT SAUCE



INGREDIENTS:

- 1 package (12 ounces) whole wheat linguine
- 1 jar (11-1/2 ounces) Thai peanut sauce
- 2 tablespoons lime juice
- 2 cups bean sprouts
- 1 large cucumber, peeled, seeded, and chopped
- 2 medium carrots, julienned
- 5 green onions, sliced
- 1 small sweet red pepper, julienned
- ½ cup minced fresh cilantro

DIRECTIONS:

1. Cook linguine according to package directions. Drain; return to pan
2. In a small bowl, combine peanut sauce and lime juice. Add peanut sauce mixture, vegetables, and cilantro to pan with linguine; toss to coat

BALANCING MEAL IDEAS:

- Add tofu or veggie-based chicken/beef to increase protein intake
- Add edamame to increase protein intake
- Add other stir-fried veggies, such as: broccoli, cabbage, spinach, etc....

NOTES:

1. If you are not vegetarian, you can still enjoy this meal by adding an animal protein, such as: chicken, beef, fish, pork

Reference: <https://www.tasteofhome.com/recipes/thai-pasta-with-spicy-peanut-sauce/>