

JANUARY 2018



DIRECTIONS

1. Cook noodles of choice, as directed. Place in a serving bowl.
2. Add protein of choice.
3. Add a variety of veggies. (My favorite lately is to add sweet potatoes! Simply poke holes in the potato, microwave for a few minutes until tender, and then slice into wedges. Toss the sweet potato wedges in olive oil, coarse salt, lime juice, and cayenne pepper, and then lightly grill until heated through.)
4. Mix peanut sauce ingredients in a small bowl.
5. Add peanut sauce to noodles and mix everything together.

INGREDIENTS

Asian Noodles:

Soba noodles or spaghetti noodles
Grilled fish, shrimp, or chicken
Thinly sliced mixed veggies (carrots, cucumbers, celery, green onions, cilantro, bean sprouts, broccoli, coleslaw, sweet potato)
Condiments (peanut sauce, soy sauce, rice wine vinegar, sesame seeds, sriracha, fish sauce, fresh limes)

Peanut Sauce:

1/2 cup peanut butter
1/4 cup water
1/4 cup soy sauce
1/4 cup rice wine vinegar
1/8 cup sugar
Drizzle of sesame oil
Sriracha, to taste

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