

## Cold Sesame Peanut Noodles with Sriracha

Makes 8 servings (approximately 2 cups per serving)

- 1 pound whole grain spaghetti
- 1 tablespoon minced fresh ginger
- 1 small clove of garlic, minced
- 1/3 cup reduced sodium soy sauce or tamari
- 3 tablespoons toasted sesame oil, plus 1 tablespoon extra, to toss with the noodles
- 3 tablespoons natural, unsweetened smooth peanut butter (preferably dark roasted)
- 3 tablespoons tahini
- 3 tablespoons rice vinegar
- 2 cups chopped, seeded and peeled cucumber
- 2 cups chopped red bell pepper
- 8 scallions, thinly sliced
- 1 bunch cilantro, leaves removed from stems and roughly chopped
- Sriracha (chili-garlic sauce), to taste

### Directions

Cook the spaghetti according to package directions. When cooked to al dente, drain and rinse with cold water and set aside.

While the spaghetti is cooking, make the sauce by placing the ginger, garlic, soy sauce or tamari, 3 tablespoons of the sesame oil, peanut butter, tahini, and rice vinegar in a bowl. Whisk the ingredients until smooth. Alternatively, place the ingredients in a blender and blend until smooth.

Shake the excess water from the spaghetti and blot dry with a towel. Toss in a bowl with 1 tablespoon toasted sesame oil. Add the peanut sauce, tossing to coat.

Serve with chopped vegetables and Sriracha sauce to taste. You can also add protein, like chicken or tofu to the bowl for a filling meal.

Add embellishments, like chopped red bell pepper, sun dried tomatoes and thinly sliced cooked greens. Serve in a whole grain tortilla or in a bowl with whole grain toast on the side.



### NUTRITION INFORMATION PER 2 CUP SERVING (1 CUP PASTA PLUS VEGETABLES AND SAUCE)

Calories	300
Protein	11 g
Carbohydrate	45 g
Fiber	8 g
Fat	12 g
Sodium	270 mg
Potassium	668 mg

Cost per serving: \$1.25

For more healthy recipes, visit [YRMCHealthConnect.org](http://YRMCHealthConnect.org)



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