

Noodles with Peanut Butter Sauce

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand, and Vietnam to add flavor to grilled meats and noodles.

Prep time: 10 minutes

Cook time: 30 minutes

Makes: 6 Servings

Source: www.fns.usda.gov

Ingredients

- 3 ounces spaghetti noodles, whole grain
- 11 ounces chicken breast, boneless, skinless, ½" diced
- 3 cups broccoli, frozen, cut
- 3 tablespoons peanut butter, smooth
- 3 tablespoons water
- 3 tablespoons soy sauce, low-sodium
- 1 tablespoon cider vinegar
- 1 tablespoon sugar, granulated
- ½ teaspoon ginger, fresh, grated
- 1 clove garlic, fresh, minced (1 clove is about ½ teaspoon minced)
- 1/8 teaspoon red pepper flakes
- 1 teaspoon cornstarch
- 2 tablespoons onion, green, with tops, chopped (optional)
- 2 tablespoons cilantro, fresh, chopped (optional)
- 6 slices lime wedge, fresh (optional)
- Nonstick cooking spray

Directions

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 3/4 cup

Nutrients	Amount
Calories:	175 g
Total Fat:	6 g
Saturated Fat:	1 g
Cholesterol:	28 mg
Sodium:	320 mg
Total Carbohydrates:	19 g
Dietary Fiber:	3 g
Total Sugars:	4 g
Added Sugars:	0 g
Protein:	14 g

Utensils Needed

- Large pot
- Measuring spoons
- Cutting board
- Sharp knife
- Small bowl
- Whisk or fork
- Large spoon
- Medium skillet

DIRECTIONS CONTINUED

3. Coat a medium skillet with nonstick cooking spray.
4. Heat the skillet on medium–high. Brown all sides of diced chicken on medium–high heat for 8–10 minutes.
5. Add broccoli to the skillet, and cook for 10 minutes or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.
6. Prepare sauce: In a small microwavable bowl, combine peanut butter, 2 Tbsp warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
7. Microwave sauce for 30 seconds; remove from the microwave, whisk sauce and microwave for 30 more seconds, whisk again. (Note: sauce will look stringy.)
8. In a small bowl, whisk remaining 1 Tbsp warm water with cornstarch to make a slurry (thin paste). Be sure cornstarch is fully dissolved in the water before adding the slurry to the sauce.
9. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 30 seconds or until thick. Whisk until sauce is a smooth–thick consistency.
10. In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp green onions, 1 tsp cilantro, and one lime wedge (optional).

SHOPPING LIST





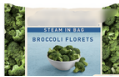





Average total cost of ingredients without oil and seasonings: \$18.53

Average cost/serving: \$3.09

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget, and location.

Ingredients

<input type="checkbox"/>		Add 1 to Cart Lime	<input type="checkbox"/>		Add 1 to Cart Cilantro bunch
<input type="checkbox"/>		Add 1 to Cart Whole Grain Spaghetti	<input type="checkbox"/>		Add 1 to Cart Low-Sodium Soy Sauce
<input type="checkbox"/>		Add 1 to Cart Frozen Broccoli, 10 oz. package	<input type="checkbox"/>		Add 1 to Cart Ginger, small piece
<input type="checkbox"/>		Add 1 to Cart Chicken Breast, 1 pound	<input type="checkbox"/>		Add 1 to Cart Garlic Bulb
<input type="checkbox"/>		Add 1 to Cart Peanut Butter, smooth	<input type="checkbox"/>		Add 1 to Cart Green Onions, 1 bunch

Chef's Tips

- Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

Similar Recipes

- Save money by reusing some of these Ingredients In other recipes found on snapedny.org, such as:
 - Chicken and Broccoli in Lemon Sauce
 - Chicken Vegetable Creole