Nutty Noodle Salad

This flexible summer dish uses any number of fresh garden vegetables and is high in healthy whole grains.

Serves 8



Nutrition F	acts
--------------------	------

Serving Size About 1½ Cups Servings Per Recipe 8

Amount Per Ser	ving			
Calories 290) Calo	ories fron	n Fat 60	
		% Da	aily Value*	
Total Fat 7g			11%	
Saturated	Fat 1g		5 %	
Trans Fat	0g			
Cholesterol	0mg		0%	
Sodium 390	mg		16%	
Total Carbo	hydrate 4	49g	16%	
Dietary Fil	oer 8g		32%	
Sugars 3g	l			
Protein 13g				
Vitamin A 15	%•	Vitamin (C 50%	
Calcium 4%	•	Iron 15%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs: Calories: 2,000 2,500				
Total Fat Saturated Fat Cholesterol Sodium Total Carbohydra Dietary Fiber Calories per gran Fat 9 • C		65g 20g 300mg 2,400mg 300g 25g € 4 • Prote	80g 25g 300mg 2,400mg 375g 30g ein 4	

Please note: nutritional values are approximate.

Ingredients

- 1 package (16 ounces) whole grain spaghetti noodles (brown rice, whole wheat or quinoa all work great)
- ¹⁄₄ cup peanut butter
- ¹/₄ cup reduced sodium tamari or soy sauce
- 2 tablespoons rice vinegar
- 3 tablespoons orange juice
- 1 bunch green onions, finely chopped
- 3 cups vegetables, thinly sliced into strips (bell peppers, cucumbers, kohlrabi, zucchini etc)
- Cilantro and peanuts, chopped for garnish

Directions

- 1. Cook noodles according to package directions.
- 2. Drain and rinse in cold water to stop cooking.
- 3. In a large bowl, whisk together peanut butter, tamari, vinegar and orange juice.
- 4. Add noodles and gently toss until well coated with sauce.
- 5. Add onions and other vegetables and stir gently to combine.
- 6. Top with optional garnishes as desired.
- 7. Enjoy immediately or refrigerate until ready to serve.



Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth