



Asian Peanut Chicken with Noodles

A healthy alternative to what is served in most Chinese restaurants!

U.S.		Metric
3 Tbsp	Peanut Butter, smooth, no sugar added	45 g
1/2 cup	Cilantro Leaves, fresh	60 g
1 each	Lime, juiced	1 each
1 Tbsp	Soy Sauce, low sodium	15 mL
1 tsp	Honey	5 mL
2 Tbsp	Water	30 mL
1/4 tsp	Red Pepper Flakes	1 g
4 ounces	Spaghetti, whole wheat	113 g
1 cup	Edamame, frozen	113 g
1 Tbsp	Olive Oil	15 mL
6 ounces	Chicken Breast, boneless, skinless	170 g
1 small	Carrot, shredded	50 g
4 Tbsp	Green Onion, sliced thin	60 g
2 Tbsp	Peanuts, dry roasted, unsalted	30 g

Preparation:

1. Gather all ingredients and equipment.
2. Using a blender, blend the peanut butter, cilantro, lime juice, soy sauce, honey, water, and red pepper flakes until smooth. If the sauce is too thick or not blending, add water 1 tablespoon at a time until the sauce reaches desired consistency.
3. In a large pot, bring 3 quarts of water to a boil. Add the pasta and cook until al dente (8-10 minutes). Add edamame to the pasta and cook for 1 minute. Strain and set aside.
4. Slice chicken into 1/4" thick strips.
5. Place a large saute pan over medium-high heat and add olive oil. When the oil is hot add the chicken strips. Saute chicken until cooked most of the way through, about 2-3 minutes.
6. Add the sauce and remaining ingredients (pasta, edamame, green onion, carrot).
7. Cook chicken to the internal temperature of 165 °F / 74 °C. Garnish with chopped peanuts and serve warm.

*** Note: If there is a peanut allergy, the peanut butter can be exchanged for tahini, and the peanuts for sesame seeds in the same amounts.**

Nutrition Facts

4 Servings

Serving size 1/4 of the recipe

Amount per serving

Calories 340

Calories from Fat 130

Total Fat 15 g

Saturated Fat 2.5 g

Trans Fat 0 g

Monounsaturated Fat 4.5 g

Cholesterol 25 mg

Sodium 230 mg

Total Carbohydrate 33 g

Dietary Fiber 4 g

Total Sugars 4 g

Includes 1.5g Added Sugars

Protein 22 g

Vitamin D 0 %

Calcium 4 %

Iron 10 %

Potassium 490 mg

Phosphorus 250 mg