

THAI PASTA WITH SPICY PEANUT SAUCE



INGREDIENTS:

- x 1 package (12 ounces) whole wheat linguine
- x 1 jar (11 1/2 ounces) Thai peanut sauce
- x 2 tablespoons lime juice
- x 2 cups bean sprouts
- x 1 large cucumber, peeled, seeded, and chopped
- x 2 medium carrots, julienned
- x 5 green onions, sliced
- x 1 small sweet red pepper, julienned
- x 1/2 cup minced fresh cilantro

DIRECTIONS:

1. Cook linguine according to package directions. Drain; return to pan
2. In a small bowl, combine peanut sauce and lime juice. Add peanut sauce mixture, vegetables, and cilantro to pan with linguine; toss to coat

BALANCING MEAL IDEAS:

- x Add tofu or vegetable-based chicken/beef to increase protein intake
 - x Add edamame to increase protein intake
 - x
- such as: chicken, beef, fish, pork

Reference <https://www.tasteofhome.com/recipes/thai-pasta-with-spicy-peanut-sauce/>