



Wheeler

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Peanut, Veggie, Noodle Salad

Another recipe that gives you plenty of room to load up with nutritious vegetables. If your kids love peanut butter, try this dish to entice them to try some different vegetables.

Ingredients

½ cup all-natural crunchy peanut butter or nut or seed butter of your choice

Juice of 2 limes

½ cup very warm water or broth

3 tablespoons soy sauce or tamari sauce or bragg's liquid amino

2 teaspoons sesame or canola oil

1 small garlic clove, crushed and finely minced

1 tablespoon chili garlic sauce or hot sauce of your choice (optional)

1 tsp red pepper flakes (optional)

1 package soba noodles or whole grain pasta or your choice (12-16 oz)

1 red bell pepper finely sliced into matchsticks

1/2 cup shredded carrots

1/2 cup frozen peas – thawed

2 tablespoons sesame seeds or crushed peanuts

¼ cup fresh cilantro, chopped

*You can try a variety of different vegetables in this dish, just choose your favorite or better yet let the kids choose! Try mushrooms, chopped tomatoes, zucchini, broccoli, cauliflower, baby corn or snow peas to name a few – can use fresh or frozen. If using frozen let them thaw out before adding to the dish.

Equipment

Large pot

Colander

Large mixing bowl

Measuring spoons

Measuring cups

Whisk

Large wooden spoon

Knife *have an adult help

Cutting board

Directions

1. In a large mixing bowl combine ingredients for the sauce: peanut butter, warm water, lime juice, soy sauce, hot sauce, sesame oil, garlic and pepper flakes. Use whisk to thoroughly combine. If the sauce is not coming together toss in the microwave for 10-15 seconds. Set aside.
2. Bring a large pot of water to a boil and cook your pasta/noodles according to package directions.
3. Meanwhile, have an adult help you wash and cut the vegetables. Buying pre cut carrots makes this step easier.
4. Once pasta/noodles are cooked, carefully drain the water. Reserve ½ cup of the cooking liquid.
5. Place cooked pasta/noodles in a bowl with peanut sauce. Top with peppers, carrots and peas. Use a large wooden spoon to coat vegetables and pasta/noodles with the sauce. Use cooking liquid as needed to thin the sauce.
6. Top with sesame seeds and chopped cilantro. Serve at room temperature or keep in the refrigerator for up to 6 hours and serve cold.



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😊 Little helpers: Kids can gather ingredients, measure and combine them. This is a great dish for kids to help with because the sauce does not have to be heated. Make them in charge of the sauce while you prepare the rest. Let kids choose which vegetables they want. Give them a choice between a few options to avoid the possibility of a hard no.

🍏 Nutrition: This dish is high in fiber and provides a good source of vitamins, minerals, and phytochemicals from all the vegetables, encouraging kids to eat a variety of colors for maximum benefit. Use a whole grain pasta/noodle for additional nutritional benefit. Nut butters and seed butters are a good source of heart healthy unsaturated fats – be sure to buy one with minimal added sugars and no trans fats.