

## Spicy Peanut Noodle Salad

Makes 6 servings

1/4 cup chunky natural peanut butter  
1.5 T soy sauce  
1/4 cup lime juice (1-2 limes)  
1 T toasted sesame oil  
1 T minced garlic  
2 t minced ginger  
1 T sugar  
1 t red pepper flakes  
1 large bell pepper, diced  
1/2 large cucumber, peeled, seeded, diced  
3 1/2 cups cooked whole wheat spaghetti  
2 T chopped green onion  
2 T minced cilantro  
1/3 cup chopped roasted peanuts  
Cooked, chilled shrimp (optional)



Whisk together peanut butter, soy sauce, lime juice, sesame oil, garlic, ginger, sugar, and red pepper flakes. Combine sauce with bell pepper, cucumber, spaghetti, and green onion. Top with cilantro, peanuts, and shrimp if desired. Refrigerate and serve cold.

Nutrition information per serving (without shrimp): 260 calories, 12g fat (2g saturated fat), 10g protein, 370mg sodium, 6g dietary fiber. Excellent source of vitamins A and C.

