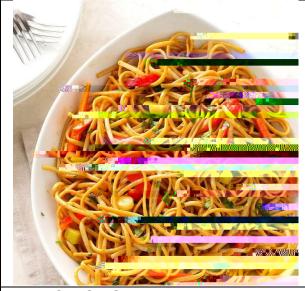
## THAI PASTA WITH SPICY PEANUT SAUCE



## **INGREDIENTS:**

- x 1 package (12 ounces) whole wheat linguine
- x 1 jar (111/2 ounces) Thai peanut sauce
- x 2 tablespoons lime juice
- x 2 cups bean sprouts
- x 1 large cucumber, peeled, seedentd, 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 juided peanut sauce mixture, vegetablesand cilantro to pain with linguine; toss to coat

## **BALANCING MEAL IDEAS:**

- x Add tofu or veggiebased chicken/beef to increase protein intake
- x Add edamame to increase protein intake

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such as: chicken, beef, fish, pork

Reference https://www.tasteofhome.com/recipes/tipaistawith-spicy-peanutsauce/