

Peanut Slaw with Noodles

Prep: 10 minutes | Cook: 8 minutes | Total: 20 minutes

Yield: 6 servings | Serving Size: 1½ cups

Ingredients

4 ounces whole-wheat spaghetti (¼th of a 16-ounce package)
1 small purple (red) or green cabbage (about 2 pounds), cut into quarters and core removed
4 carrots, peeled
1 bunch green onions, trimmed and sliced into thin rounds

Peanut Dressing

½ cup smooth peanut butter
3 tablespoons white wine vinegar or rice vinegar
3 tablespoons reduced-sodium (lite) soy sauce
2 tablespoons honey or maple syrup
1 tablespoon finely grated fresh ginger
2 garlic cloves, pressed or minced
2-3 tablespoons warm water

Directions

1. Bring 6 cups of water to a boil in a large saucepan (pot).
2. Break the spaghetti noodles in half and add to the boiling water.
3. Cook the spaghetti for the amount of time listed on the package instructions, then drain into a colander (strainer).
4. Rinse the cooked spaghetti under cold water and set aside.
5. Thinly slice the cabbage crosswise.
6. Grate the carrots, or slice into thin ribbons using a peeler.
7. In a 2-cup liquid measuring cup or medium bowl, whisk together the peanut dressing ingredients until smooth. If the mixture is too thick, add warm water to thin a bit. A mason jar with lid also works well to shake the dressing.
8. In a large mixing bowl, combine the cooked spaghetti noodles, cabbage, carrots, and green onions.
9. Pour dressing over the vegetables and toss to coat.
10. For best flavor, set aside to marinate for 20 minutes before serving.
11. Serve at room temperature, or the dish can be chilled or warmed if desired.

Recipe Notes

- Save time by using 2 (14-ounce) bags of coleslaw mix in place of the cabbage.
- Add cooked chicken or tofu cubes to make a complete meal.
- This slaw keeps very well for a few days (covered and refrigerated) and makes great leftovers for lunch

**Nutrition Facts Per Serving: Calories: 237 | Total Fat: 11 g | Saturated Fat: 2.4 g
Sodium: 456 mg | Total Carbohydrate: 29 g | Dietary Fiber: 7 g | Protein: 9 g**

Adapted from Cookie and Kate Blog | Submitted by Robin LaCroix, RD, CSO
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