



**STAFF
FAVE**

**CASHEW CREAM
PAD THAI**

Active: 30 min.

Total: 1 hr. 30 min.

Don't mistakenly buy fettuccine-like pad Thai noodles, as they take much longer to soak to an edible consistency. Look for the thin brown-rice variety, often called vermicelli or mai fun. The longer they sit, the better these noodles will get, as they continue to soak up the flavors of the nutty cashew cream (pictured on page 82).

- 3/4 cup raw cashews
- 3 oz. thin brown rice noodles (such as Annie Chun's Maifun)
- 4 tsp. reduced-sodium soy sauce
- 1 Tbsp. toasted sesame oil
- 1 Tbsp. fish sauce

- 1 Tbsp. honey
- 1 Tbsp. fresh lime juice
- 1 1/2 tsp. Sriracha chili sauce
- 1 medium yellow zucchini
- 1 medium green zucchini
- 2 large carrots
- 1 cup thinly sliced red cabbage
- 1 cup sugar snap peas, trimmed and thinly sliced crosswise
- 1/2 cup torn fresh basil

1. Soak cashews in a bowl of water for 1 hour. Drain.
2. Soak noodles in a bowl of very warm water for at least 1 hour. Drain.
3. Combine cashews, soy sauce, oil, fish sauce, honey, lime juice, and Sriracha in a mini food processor, and

process until very smooth. 4. Run zucchini through a spiralizer to create noodles, or cut long noodles with a julienne peeler or ribbons with a vegetable peeler to measure 3 cups. Run carrots through a spiralizer to create noodles, or cut into long noodles with a julienne peeler or ribbons with a vegetable peeler to measure 1 cup. Combine rice noodles, zucchini, carrot, cabbage, and peas; toss well

to combine. Spoon cashew mixture over noodles; toss combine. Sprinkle with bas

▶ SERVES 4 (serving size: 1 1/2 cups)
CALORIES 320; **FAT** 16.2g (sat 3.1g, mon 8.4g, poly 3.6g); **PROTEIN** 8g, **CARB** 40g
FIBER 5g; **SUGARS** 11g (est. added sugars 4g); **CHOL** 0mg; **IRON** 3mg, **SODIUM** 610mg; **CALC** 67mg

—Recipes by Sidney Fry
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