

Peanut Noodle Salad with Chicken

Sauce:

1" piece ginger
1-2 cloves of garlic (depending on how much you like raw garlic)
4 scallions
¼ cup + 2 Tbsp peanut butter
2 Tbsp honey
¼ cup + 2 Tbsp reduced sodium soy sauce
4 Tsp rice wine vinegar
2/3 c. vegetable broth

Pasta:

1 lb whole wheat spaghetti or linguini
1 lb chicken breast
Red bell pepper, sliced thinly
Snow peas, cut into bite size pieces
Red cabbage, thinly sliced
Cilantro, chopped

1. Put on a large pot of water. Cook spaghetti according to the package directions.
2. Heat the grill and cook the chicken once hot.
3. Combine ginger, garlic and scallions in a food processor and chop finely.
4. Add the peanut butter and honey and gradually add the liquids while running the motor. Once the peanut butter is well incorporated add the rest of the liquid, close the lid and mix.
5. Cut up veggies while pasta is cooking. I sauté them for a few minutes to soften them up but fresh is also delicious.
6. Once the pasta is cooked and drained, add the peanut sauce. It may seem like way too much, but it will absorb.
7. Add the veggies and garnish with cilantro.