
Thai Noodles with Peanut Sauce

Jill Kozol

St Therese de Lisieux Commemorative Cookbook - Wellington, FL - 2010

2 packages (3 ounce ea) Oriental flavor instant ramen noodles, reserve the seasoning packets

2 cups frozen vegetable mixture (broccoli, carrots and water chestnuts)

1/3 cup hot water

1/4 cup creamy peanut butter

1 teaspoon sugar

1/8 to 1/4 teaspoon crushed red pepper

In a large saucepan, bring 4 cups of water to a boil. Add the noodles and vegetables. Cook for 3 minutes. Drain.

In a large bowl, whisk together the hot water, peanut butter, sugar and red pepper flakes with the two seasoning packets until blended.

Add the noodles and vegetables. Toss to coat.

Serve warm.

(NOTE: For a variation, just add cooked seafood, chicken or pork.)

Pasta

Per Serving (excluding unknown items): 776 Calories; 28g Fat (32.3% calories from fat); 16g Protein; 116g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 3322mg Sodium. Exchanges: 7 1/2 Grain(Starch); 5 1/2 Fat; 1/2 Other Carbohydrates.