

Sesame Noodles

Ingredients

1/2 of a 16-ounce package of spaghetti noodles
4 tablespoons peanut butter
2 teaspoons sesame oil
1/2 teaspoon cider vinegar
1 tablespoon chopped scallions or other vegetables such as bell peppers, tomato, carrots, celery, snap peas (optional)

Directions

1. Prepare spaghetti noodles according to package.
2. Cook the peanut butter and sesame oil in a small bowl in the microwave for 30 seconds, or until the peanut butter begins to melt. Mix well. (If you don't have a microwave, you can also do this in a skillet over low heat.)
3. Blend the peanut butter mixture into the pasta. Add scallions or other vegetables. Refrigerate and serve cold.



Makes 4 servings

*Nutrition information per serving:
Calories 325, Fat 11 g, Protein 11
g, Carbohydrates 46, Cholesterol 0
mg, Sodium 81 mg*