SESAME NOODLES

SERVES 6

INGREDIENTS

2 teaspoons warm water
3 tablespoons peanut butter
2 teaspoons sesame oil (or vegetable oil)
1 tablespoon soy sauce
1/2 teaspoon sugar
Tabasco to taste
3 cups cooked spaghetti
2 tomatoes, chopped
1/2 cup chopped scallions (green onions)
1 carrot, grated or julienned (cut in long strips)
1 1/2 cups broccoli florets, blanched
1 teaspoon sesame seeds (optional)
1 clove garlic, minced (optional)

DIRECTIONS

1. Mix warm water with peanut butter until light and creamy.
3. Add spaghetti, tomatoes, scallions, carrot, broccoli, sesame seeds and garlic (optional).

NUTRITION INFORMATION:

Calories: 202
Fat: 6.5 grams
Saturated Fat: 1.2 grams
Trans Fat: 0 grams
Cholesterol: 0 milligrams
Carbohydrates: 29.6 grams
Dietary Fiber: 4 gram
Protein: 7.8 grams
Sodium: 229 milligrams
Vitamin A 55%
Calcium 4%
Vitamin C 55%
Iron 9%

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