

Asian Peanut Chicken with Noodles

Yield: 4 servings

Ingredients

3 tablespoons peanut butter, smooth, no sugar added
 ½ cup cilantro leaves, fresh
 1 lime, juiced
 1 tablespoon soy sauce, low sodium
 1 teaspoon honey
 2 tablespoons water
 ¼ teaspoon red pepper flakes
 4 ounces spaghetti, whole-wheat
 1 cup edamame, frozen
 1 tablespoon olive oil
 6 ounces chicken breast, boneless, skinless
 1 small carrot, shredded
 4 tablespoons green onion, sliced thin
 2 tablespoons peanuts, dry roasted, unsalted

Instructions

1. Using a blender, blend the peanut butter, cilantro, lime juice, soy sauce, honey, water, and red pepper flakes until smooth. If the sauce is too thick or not blending, add 1 tablespoon water at a time until the sauce reaches desired consistency.
2. In a large pot, bring 3 quarts of water to a boil. Add the pasta and cook until al dente 8 to 10 minutes. Add edamame to the pasta and cook for 1 minute. Strain and set aside.
3. Slice chicken into ¼ inch thick strips.
4. Place a large sauté pan over medium to high heat and add olive oil. When the oil is hot add the chicken strips. Sauté chicken until cooked most of the way through, about 2 to 3 minutes.
5. Add the sauce and remaining ingredients including: pasta, edamame, green onion, and carrot.
6. Cook chicken to the internal temperature of 165 degrees. Garnish with chopped peanuts and serve warm.

Note: If there is a peanut allergy, the peanut butter can be exchanged for tahini, and the peanuts for sesame seeds in the same amounts.

Nutrition Information

Serving Size: ¼ of the recipe
 Calories: 340
 Total Fat: 15 g
 Saturated Fat: 2.5 g
 Monounsaturated Fat: 4.5 g
 Sodium: 230 mg
 Total Carbohydrate: 33 g
 Dietary Fiber: 4 g
 Sugars: 4 g
 Protein: 22 g

Source: Health Meets Food



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