


[Go Back](#)

Peanut Thai Noodle Salad



Vitamin A or C

Recipe Rating: ★★★★★

Prep Time: 10 min

Total Time: 50 min

Makes: 6



1/4 cup lime juice

1/4 cup low sodium soy sauce

3 Tbsp. honey

1/2 cup PLANTERS Unsalted COCKTAIL Peanuts, coarsely chopped, divided

8 oz. fusilli pasta, uncooked

2 carrots, cut into matchstick strips (about 1 cup)

1 cup pea pods, cut into matchstick strips

1 small red pepper, cut into matchstick strips (about 1 cup)

PLACE lime juice, soy sauce, honey and 1/4 cup peanuts in electric blender or food processor container; cover. Blend until smooth; set aside.

COOK pasta as directed on package, adding carrots, pea pods and pepper strips to boiling water during last 3 minutes of cooking time. Drain pasta and vegetables.

RESERVE 1/4 cup peanut sauce. Toss pasta with remaining peanut sauce. Refrigerate until ready to serve. Let pasta stand at room temperature 30 minutes before serving. To serve, toss pasta with reserved peanut sauce and remaining peanuts.

NUTRITION INFORMATION

Nutrition Bonus:

Introduce your family to Thai food with this nutty noodle salad. The carrots provide an excellent source of vitamin A and the red peppers are rich in vitamin C.

Diet Exchange:

2-1/2 Starch, 1 Vegetable, 1 Fat

Nutrition (per serving)

Calories	260	Total fat	6 g	Saturated fat	0.5 g	Cholesterol	0 mg
Sodium	350 mg	Carbohydrate	45 g	Dietary fiber	3 g	Sugars	13 g
Protein	9 g	Vitamin A	100 %DV	Vitamin C	45 %DV	Calcium	4 %DV
Iron	15 %DV						

[Back to Top](#)

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