

Peanut Butter Noodle Salad

Serves 6

- 1 (8 ounce) package of pasta, linguine works great
- 1 tablespoon peanut butter
- 2 tablespoons light soy sauce
- 1 tablespoon oil (canola oil, olive oil or sesame oil)
- 1 teaspoon sugar
- ½ teaspoon white or cider vinegar
- 2 garlic cloves; minced
- ¼ teaspoon onion powder or 3 chopped scallions, tops only

1. Cook linguine according to package instructions in boiling water; drain.
2. In a large bowl, mix all the remaining ingredients together.
3. Add linguine to sauce and toss to coat well. Refrigerate.

Nutrition information: calories 185, total fat 4g, carbohydrates 30g, protein 6g, dietary fiber 1g.

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• **Healthy Tip** •
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• Make it a meal! Add
• shredded purple cabbage,
• carrot and cucumber to
• add color and crunch. •
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