



Peanutty Noodles with Chicken (and/or edamame)

This is a great dinner and even better leftover lunch/dinner.

Try this dish with a spinach salad with oranges, blueberries or peaches as a side.

Top it off with almond slivers and a fresh olive oil & lemon squeeze and voila-whole food nourishment for the family!

- 2 carrots, peeled
 - 1 T vegetable oil
 - 2 teaspoons grated peeled fresh ginger
 - 3 garlic cloves, minced
 - 1 cup fat-free, less-sodium chicken broth
 - 1/2 cup natural-style peanut butter (such as Smucker's)
 - 1/4 cup low-sodium soy sauce (I use coconut aminos instead of soy sauce 100% of the time. Lower sodium)
 - 3 tablespoons rice or white wine vinegar
 - 1 teaspoon chili garlic sauce (such as Lee Kum Kee)
 - 1/4 teaspoon salt
 - Cooking spray
 - 2 cups red bell pepper strips (I substitute frozen edamame for bell peppers)
 - 1 pound snow peas, trimmed
 - 8 cups hot cooked linguine (about 1 pound uncooked pasta)
 - 1 bag of medium sized shrimp OR 4 large chicken breasts
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- 1/2 cup chopped fresh cilantro(optional)
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Shave the carrots lengthwise into thin strips using a vegetable peeler, and set aside.

Heat 1 teaspoon oil in a small saucepan over medium heat. Add the ginger and minced garlic; sauté 30 seconds. Add chicken broth and the next 5 ingredients (broth through salt); stir until well-blended. Reduce heat, and simmer for 7 minutes, stirring occasionally. Remove from heat, and keep warm.

Heat 2 teaspoons of oil in a large nonstick skillet coated with cooking spray over medium-high heat. Add bell peppers or edamame and snow peas; sauté 5 minutes or until tender. Remove from heat. Throw shrimp into the same skillet and cook. OR grill, boil or skillet cook chicken breasts. Then combine carrot, peanut butter mixture, veggies mixture, and linguine in a large bowl; toss well. Sprinkle with cilantro. Serve warm or at room temperature.

For spinach salad, place raw chopped spinach in a salad bowl. Take 2 cans of mandarin oranges ;drain liquid, reserving 1 T, and place oranges in salad. Use reserved liquid and mix with 1 T avocado oil. Add dressing to salad. Top with almond slivers, for some crunch.

Again, this dinner meal will take some work and some mess. But it's a macro dense meal, with good lean protein and serves well as a leftover. Because this meal takes time to make, I actually like doing it on busy weeks, because it is the best for leftovers. Get the family involved! Give them all a job and it makes the meal more nourishing!

Mix it all up! Make dressing on the side, whisk and then add. SOOOO DELICIOUS and FILLING!

Xo,

Jenny

(recipe from Cooking Light Magazine 1999)