Peanut Noodle Veggie Bowl

Serving Size: ¼ of recipe | Servings per Recipe: 4 | Healthy

20 min

INGREDIENTS

- 8 oz whole-grain noodles
- 2 cups frozen mixed vegetables
- 2 tablespoons peanut butter
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon vinegar or lime juice
- 1 teaspoon garlic powder

DIRECTIONS

1. Cook noodles according to package.
2. Add frozen vegetables during the last 3–5 minutes.
3. In a small bowl, mix peanut butter, soy sauce, garlic, and vinegar.
4. Drain noodles/veggies and toss with sauce.
5. May add canned chicken or tofu for more protein.

Calories per serving: 320 kcal | 10 g total fat | 48 g total carbohydrates | 12 g protein

SECOND HARVEST FOOD BANK of MIDDLE TENNESSEE
Feeding Hope