

Whole Wheat Pasta with Sesame Peanut Sauce



Ingredients

2 medium green onions, sliced thin 4 cups cooked whole wheat spaghetti
1/4 cup vegetable broth
2 Tbsp natural peanut butter, creamy
1 Tbsp cider vinegar
1 tsp sesame oil
1/4 tsp cayenne (or more if you like it hot)

Instructions

Combine all ingredients except spaghetti. Stir the hot spaghetti into the sauce. Serve right away for a hot meal, or refrigerate for a cold meal. You can also add chicken to this as well as other vegetables.

Nutrition Information Per Serving

Serves 4
Calories: 239
Fat: 5.9 gm
Sodium: 63 mg
Fiber: 7 gm
Carbohydrates: 39 gm
Protein: 9.5 gm