



## Noodle Salad With Spicy Peanut Butter Dressing

5 tbsp.	Creamy peanut butter
1/4 cup	Low-salt chicken broth
3 tbsp.	Rice vinegar
3 tbsp.	Soy sauce
1 1/2 tbsp.	sugar
1 tbsp.	Oriental sesame oil
1 tbsp.	Minced peeled fresh ginger
1/4 tsp.	Cayenne pepper (or more for added spice)
8 ounces	Linguine (try using whole wheat pasta)
1 large	Red bell pepper, cut into matchstick-size strips
1/2 cup	Chopped green onions
1 cup	Thinly sliced carrots.
1 cup	Green beans (blanched by putting in boiling water for 1 minute)

Makes 6 side-dish servings

Garnish with lime wedges, and 1/4 cup chopped salted peanuts

Combine first 8 ingredients in small bowl; whisk to blend. Set dressing aside.

- Cook pasta in large pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain pasta; rinse with cold water and drain again.
- Transfer pasta to medium bowl.
- Add bell pepper, carrots, green beans and green onions. Pour dressing and toss to coat. Line serving bowl with lettuce leaves. Transfer salad to bowl. Sprinkle with peanuts and lime wedges.
- Serve chilled or at room temperature.

Adapted from [epicurious.com](http://epicurious.com)

### Nutritional information:

Calories: 219

Saturated Fat: 1.37g

Dietary Fiber: 3.60g

Total Fat: 7.68g

Total Carbohydrate: 31.53g

Protein: 7.40g