



Stir-Fry Noodles with Peanut Sauce



Ingredients



Adapted from *FoodHero.org*

- 4 cups water
- 2 packages (3 ounces each) ramen-style noodles
- 2 boneless, skinless chicken breasts, cut in thin strips
- ¼ cup peanut butter
- 2 Tablespoons soy sauce
- ½ cup water
- 1 Tablespoon vegetable oil
- 1 teaspoon red pepper flakes
- 1 teaspoon finely chopped fresh ginger (or 1/2 teaspoon ground ginger)
- 2 carrots, thinly sliced (about 2 cups)
- ½ large head cabbage, thinly sliced (about 6 cups)
- ¼ cup thinly sliced green onion



Directions

Yield: 10 cups **Serving size:** 1 cup

1. Bring 4 cups water to boil in a 2 to 3 quart saucepan. Add noodles, cover and remove from heat (do not add flavor packets). Wait one minute, drain noodles and set aside.
2. In a small saucepan, combine peanut butter, soy sauce and 1/2 cup water. Heat over low heat, stirring until smooth. Remove from heat.
3. Heat oil in a large skillet over medium-high heat (350 degrees F in an electric skillet). Add chicken and cook until no longer pink when cut, about 3 to 5 minutes.
4. Add red pepper, ginger and carrots and cook for 2 to 3 minutes. Add cabbage and cook 3 to 4 minutes or until cabbage is crisp-tender.
5. Stir in green onion, cooked noodles and peanut sauce. Toss and serve right away.

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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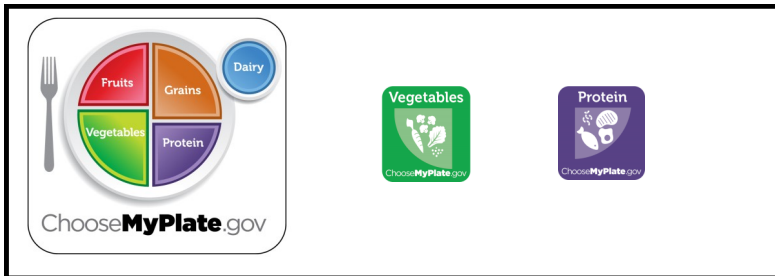
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Fast Facts



Featured Food Groups



Cooking Tips



- To avoid peanuts or peanut butter, try this stir-fry with sunflower seeds or sunflower seed butter.
- Try with other vegetables you have on hand, such as broccoli, bell pepper or bok choy.

Nutrition Facts

10 servings per container
Serving size 1 cup (239g)

Amount per Serving
Calories 180

% Daily Value*

Total Fat 8g	10%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 15mg	5%
Sodium 260mg	11%
Total Carbohydrate 18g	7%
Dietary Fiber 3g	11%
Total Sugars 4g	
Includes 0g Added Sugars	0%
Protein 10g	
Vitamin D 0mcg	0%
Calcium 41mg	4%
Iron 4mg	20%
Potassium 311mg	6%
Vitamin A 223mcg	25%
Vitamin C 22mg	24%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

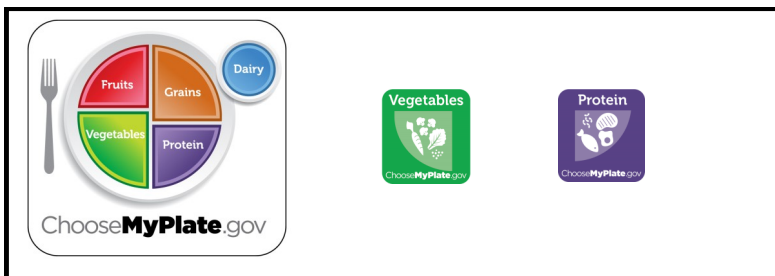
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