

## Nutty Noodles with Vegetables

1 pound whole wheat spaghetti or other pasta, cooked  
¼ cup vegetable broth  
1 onion, sliced  
½ red bell pepper, seeded and diced  
½ green bell pepper, seeded and diced  
2 jalapeno peppers, seeded and diced  
2 cups chopped broccoli  
1 large carrot, cut in thin strips  
¼ cup chopped fresh basil  
2 tablespoons sesame seeds  
¼ cup natural peanut butter  
¼ cup light tamari or soy sauce  
2 tablespoons rice vinegar, unseasoned  
1 tablespoon minced fresh ginger  
2 cloves garlic, minced  
2 tablespoons agave  
3 green onions, sliced  
¼ cup crushed peanuts  
Sea salt to taste



1. Cook 1 pound pasta and set aside.
2. In a large skillet, add ¼ cup vegetable broth, onions, peppers, broccoli and carrot. Cook for 5 minutes until vegetables are slightly cooked.
3. Stir in pasta, basil and sesame seeds. Set aside.
4. In separate saucepan, add peanut butter, tamari or soy sauce, rice vinegar, ginger, garlic and agave. Cook over medium heat, stirring constantly, until mixture is smooth. Pour over noodles
5. Garnish with green onions and peanuts. Season with salt.

Note: I feed this to my young children, so I do not use jalapeno peppers or sesame seeds. My children love this meal!

From The China Study Cookbook by Leanne Campbell, PHD