

## Open Sesame Noodles

This energy-packed dish combines pasta and peanut butter. To reduce the fat in this recipe, substitute 1/2 cup of silken tofu for 1/2 cup of peanut butter. Delicious hot or cold.

Prep Time: 10 minutes

Cooking Time: 8 to 10 minutes

- 1 pound whole wheat spaghetti
  - 1 1/2 teaspoons fresh garlic, minced
  - 1 1/2 teaspoons fresh ginger, minced
  - 1 cup natural creamy peanut butter
  - 1/4 dark sesame oil
  - 7 tablespoons tamari
  - 1/4 cup brown rice vinegar
  - 1/4 cup honey
  - 3/4 cup water
- Hot chili paste (optional)  
Sliced water chestnuts, broccoli florets, shredded carrots,  
sliced red bell pepper (optional)

Bring 2 quarts of water to a boil.

Add pasta and cook according to package directions.

Rinse in cold water and drain well.

Combine garlic, ginger, peanut butter, sesame oil, tamari, vinegar, honey, water, and chili paste in a food processor or blender and puree until smooth.

Add more water if sauce seems too thick.

Toss cooked pasta with enough sauce to coat. If desired, add optional vegetables.