



Noodles With Peanut Butter Sauce

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand, and Vietnam to add flavor to grilled meats and noodles.

Makes: 6 servings **Prep time:** 10 minutes

Cook time: 30 minutes

the INGREDIENTS

- 1 cup** water
- 3 ounces** spaghetti noodles, whole grain–rich, uncooked
- 11 ounces** chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced
- 3 cups** broccoli, frozen, cut
- 3 tablespoons** peanut butter, smooth
- 3 tablespoons** water
- 3 tablespoons** soy sauce, low-sodium
- 1 tablespoon** cider vinegar
- 1 tablespoon** sugar, granulated
- ½ teaspoon** ginger, fresh, grated
- 1 clove** garlic, fresh, minced
(1 clove is about ½ teaspoon minced)
- ⅛ teaspoon** red pepper flakes
- 1 teaspoon** cornstarch
- 2 tablespoons** onion, green, with tops, fresh, chopped (optional)
- 2 tablespoons** cilantro, fresh, chopped (optional)
- 6 slices** lime wedge, fresh (optional)
- Nonstick cooking spray

the DIRECTIONS

- 1.** Heat water to a rolling boil.
- 2.** Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
- 3.** Coat a medium skillet with nonstick cooking spray.
- 4.** Heat the skillet on medium–high. Brown all sides of diced chicken on medium–high heat for 8–10 minutes.
- 5.** Add broccoli to the skillet, and cook for 10 minutes or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.
- 6.** Prepare sauce: In a small microwavable bowl, combine peanut butter, 2 Tbsp warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
- 7.** Microwave sauce for 30 seconds; remove from the microwave, whisk sauce and microwave for 30 more seconds, whisk again. (Note: sauce will look stringy.)
- 8.** In a small bowl, whisk remaining 1 Tbsp warm water with cornstarch to make a slurry (thin paste). Be sure cornstarch is fully dissolved in the water before adding the slurry to the sauce.
- 9.** Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 30 seconds or until thick. Whisk until sauce is a smooth–thick consistency.
- 10.** In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp green onions, 1 tsp cilantro, and one lime wedge (optional).
- 11.** Serve ¾ cup. Serve hot or cold.

Critical Control Point: Hold for hot service at 140 °F or higher.

Critical Control Point: Hold for cold service at 40 °F or lower.

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NUTRITION INFORMATION

For $\frac{3}{4}$ cup.

Nutrients	Amount
Calories	175
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Total Fat	6 g
Saturated Fat	1 g
Cholesterol	28 mg
Sodium	320 mg
Total Carbohydrate	19 g
Dietary Fiber	3 g
Total Sugars	4 g
Added Sugars included	N/A
Protein	14 g
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Vitamin D	N/A
Calcium	2 mg
Iron	0 mg
Potassium	N/A

N/A=data not available.

Source: Team Nutrition CACFP
Multicultural Recipe Project.

<https://teammnutrition.usda.gov>

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CACFP CREDITING INFORMATION

$\frac{3}{4}$ cup provides 1 $\frac{1}{2}$ oz equivalent meat,
 $\frac{1}{4}$ cup vegetable, and $\frac{1}{2}$ oz equivalent
grains.

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CHEF TIPS

Variation

Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

Large broccoli pieces may be a choking hazard; for younger children, chop broccoli into smaller pieces.

For younger children, squeeze lime juice onto the dish, and serve without the lime wedge.