Asian Noodles
MAKES 4 SERVINGS

YOU CAN SUBSTITUTE WHATEVER VEGETABLES YOU HAVE ON HAND TO CREATE THIS DELICIOUS NOODLE DISH THAT IS RICH WITH ASIAN FLAVOR AND AROMA.

1-8 oz package of noodles (soba noodles/whole-wheat spaghetti/rice noodles)
3-4 cups chopped vegetables (broccoli, carrots, snow peas, red pepper, etc)
1/4 cup nut butter (peanut butter/almond butter/sunflower seed butter)
1/3 cup warm water
1/4 cup low sodium soy sauce
1 lime, juiced
4 teaspoons sugar
2 teaspoons red pepper flakes

Sliced green onions for garnish

Preparation:
1. Cook noodles according to package directions. Cook vegetables until tender.
2. Combine sunflower seed butter with warm water in a medium bowl, and stir until smooth, thin sauce.
3. Add soy sauce, lime juice, sugar and red pepper flakes to sunflower seed butter. Mix until sugar is dissolved.
4. Pour sauce over cooked pasta and vegetables. Toss to cover noodles. Garnish with chopped green onions. Can be served hot or cold.