1 (8-ounce) 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

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.

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**SNAC**

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