

Spicy Peanut Noodles by Lynn's Recipes



Lynn demonstrates how to make Spicy Peanut Noodles. This is a great dinner or lunch. Serves 6

Ingredients:

- 8 ounces linguine
- 1/3 cup low-fat creamy peanut butter
- 2 Tablespoons low-sodium soy sauce
- 1-1/2 Tablespoons rice wine vinegar
- 1-2 teaspoons chile paste with garlic*
- ½ teaspoon sugar
- 1 medium size red pepper, cut into thin strips
- ¾ cup chopped seeded cucumber
- 3 green onions, sliced diagonally into 1/4 " pieces (about ¼ cup)
- 2 Tablespoons cilantro
- 4 lime wedges, optional

*For milder noodles, start with 1 teaspoon chile paste. If you want more spice, add a dab at a time, tasting as you go.

Cook linguine according to package directions.

Meanwhile, combine peanut butter, ¼ cup water, soy sauce, vinegar, chile paste and sugar in a large bowl; whisk until blended. If sauce seems too thick, thin it with a little water; it should have the consistency of cream.

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Add linguine, bell pepper, cucumber and green onions, and toss well.

Sprinkle with cilantro and serve with lime wedges, if desired.

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