

Pad Thai with Zucchini Noodles

INGREDIENTS (serving size: 4)

- 2 medium zucchini (makes 4 cups of noodles)
- 2 tablespoons sesame oil
- ½ cup water
- ½ cup PB2 (powdered peanut butter)
- ¼ cup low-sodium soy sauce
- 2 tablespoons dark brown sugar
- ½ teaspoon chili pepper flakes
- 2 cloves garlic, minced
- 3 green onions, sliced
- 2 limes, quartered
- 1 cup fresh cilantro
- 1 cup bean sprouts
- ¾ cup finely chopped peanuts

NUTRITION INFORMATION: 279 Calories; 19 grams Fat; 3 grams Saturated Fat; 0 mg Cholesterol; 484 mg Sodium; 20 grams Carbohydrates; 5 grams Fiber; 9 grams Sugar; 11 grams Protein

DIRECTIONS

1. Wash and trim ends of zucchini. Create zucchini noodles using a spiralizer or vegetable peeler; set aside. Heat sesame oil in a large skillet over medium heat. In a small bowl, whisk together water, PB2, soy sauce, brown sugar and chili pepper flakes for peanut sauce. Set aside.

2. To hot sesame oil, add minced garlic, green onions and zucchini noodles. Stir to coat and cook for 3 minutes. Add peanut butter sauce mixture to skillet, stir and cook for an additional 3 – 5 minutes. Remove from heat and divide noodles between 4 plates. Garnish each plate with 2 lime wedges, ¼ cup chopped cilantro, ¼ cup bean sprouts and 3 tablespoons of chopped peanuts.

Chef Notes: Choose a zucchini with a straight, rather than curved, shape for longer noodles. To make sure this recipe is gluten-free, be sure to purchase and use gluten-free soy sauce.