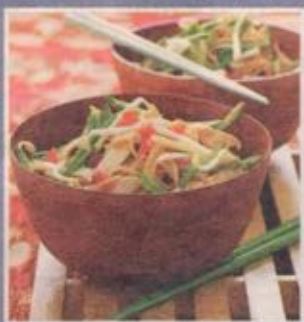


Better Than Takeout Sesame Noodles

For quick chicken, boil 6 cups salted water, 1 clove garlic, and 4 slices ginger; lower heat, add cutlets, and simmer until opaque.



For the sauce:

6 Tbsp peanut butter
5 Tbsp soy sauce
1½ Tbsp sugar
1 Tbsp warm water
1 Tbsp Asian sesame oil
1 Tbsp rice vinegar
¼ cup chopped ginger
3 cloves garlic, chopped

½ lb. thin spaghetti
1 Tbsp Asian sesame oil
½ lb. cooked and finely shredded chicken
¼ English cucumber, peeled and cut in slivers
½ red pepper, diced
10 snow peas, thinly sliced across
¾ cup bean sprouts

1. Put all the ingredients for the sauce into a blender or mini food processor and whirl until smooth.

2. Cook the spaghetti following package directions. Drain, rinse, and toss with the sesame oil and chicken. Add the sauce and mix until evenly combined.

3. Top with the crunchy vegetables and serve immediately.

Serves 4. Per serving:
550 calories, 56g carbs, 34g protein, 45mg cholesterol, and 22g fat.