



## Recipe of the Month – August 2014

### Quick Pad Thai

Serves 6

Serving Size: 1¼ cups

### Ingredients

6 ounces whole wheat thin **spaghetti**  
2 Tbsp **vegetable oil**, divided  
24 ounces frozen **vegetable mix**\*  
3 Tbsp light soy sauce\*\*  
¼ cup water  
¼ cup **peanut butter**, smooth or chunky  
2 Tbsp sugar  
½ lb boneless **chicken breast**, cut into bite sized pieces  
3 **eggs**  
1/3 cup chopped **peanuts**



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### Directions

1. Cook spaghetti according to package directions. Drain in colander and toss with 1 tablespoon oil.
2. Defrost vegetables in microwave for 5 minutes and drain well (as spaghetti cooks).
3. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth and set aside.
4. Heat 1 tablespoon of oil in large skillet over medium high heat. Add chicken pieces and cook and stir until no longer pink (heat chicken to at least 165 degrees Fahrenheit).
5. Crack eggs into a small bowl and beat. Add to pan with chicken and scramble until firm.
6. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through.
7. Add the soy sauce mixture to the pan and stir to coat veggies and spaghetti.
8. Place in serving bowl and sprinkle peanuts on top.

\* Use bright colored veggies such as red pepper, broccoli and snap peas.

\*\* Make your own light soy sauce by mixing equal parts water and regular soy sauce.

**NUTRITION FACTS PER SERVING: 420 calories, 18 g total fat (3 g sat. fat), 130 mg cholesterol, 450 mg sodium, 45 g carbohydrates, 9 g fiber, 6 g sugars, 24 g protein**