

Spicy Thai Noodles

Makes 7 servings · about 1 cup each

SATIETY SCORE 3 / 5	NUTRITION HIGH
Per serving (approx.): Protein 4 g · Fiber 3 g · Calories 110	

Ingredients

- Noodles: 1 spaghetti squash
- Noodles: 1–2 Tbsp olive or sesame oil
- Sauce: 4 Tbsp natural peanut butter
- Sauce: 2 Tbsp soy sauce or tamari
- Sauce: 2 Tbsp rice vinegar
- Sauce: 1 Tbsp honey
- Sauce: 1 Tbsp sriracha
- Sauce: ¼ tsp cayenne pepper

Directions

1. Halve the spaghetti squash and scrape out the seeds. Drizzle the inside with oil and bake at 400°F about 45 minutes, until tender.
2. Once slightly cooled, scrape out the noodles with a fork.
3. Combine all sauce ingredients in a bowl.
4. Pour the sauce over the noodles and serve, garnished with green onions if desired.

Note: If the sauce is too spicy, halve the sriracha and/or omit the cayenne. Add a lean protein to make it a fuller meal.

Ingredient tip: When a recipe uses a packaged or processed food, choose a version with five or fewer ingredients on the label.

Rating based on the NuStart Satiety & Nutrient Food Guide. Per-serving values are approximate and vary with brand, variety, and preparation.

GROCERY LIST

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Check off what you need — items are grouped by store section.

PRODUCE

- ☐ 1 spaghetti squash

PANTRY & DRY GOODS

- ☐ 4 Tbsp natural peanut butter
- ☐ 2 Tbsp soy sauce or tamari
- ☐ 1 Tbsp sriracha

CHECK YOUR PANTRY

- ☐ Sesame oil
- ☐ Rice vinegar
- ☐ Honey
- ☐ Cayenne pepper