



BE HEALTHY & SPREAD THE LOVE

COLD SESAME PEANUT NOODLES

SERVES 6-8

INGREDIENTS:

- 1 pound whole wheat spaghetti
- One 8-ounce package Soy Boy Asian Lin Tofu, cut into ½" cubes
- 9 ounces fresh baby spinach
- 2 tsp. sesame oil (plus 1-2 Tbs. for tossing with cooked, cooled spaghetti)
- 1-2 Tbs. toasted sesame seeds
- ½ English cucumber, deseeded and thinly chopped

FOR THE SAUCE:

- ¼ cup all-natural smooth peanut butter
- ¼ cup tahini
- ¼ cup low sodium soy sauce
- 2 Tbs. sesame oil
- 3 Tbs. rice wine vinegar (or white vinegar)
- 1 generous Tbs. finely minced fresh peeled ginger
- 1 medium clove garlic, finely minced
- 2-3 tsp. Asian style garlic chili paste (or more to taste)

PROCEDURE:

Bring a large pot of water to a boil and cook whole wheat spaghetti according to directions. Drain through a colander in the sink and run cold water over to cool. Toss with 1-2 Tbs. sesame oil to keep from sticking together.

Meanwhile, add 2 tsp. sesame oil to a large, nonstick pan and sauté 9-ounces of baby spinach (in batches if you need to) to wilt. Turn off heat, toss with toasted sesame seeds and allow to cool to room temperature.

Use a large mixing bowl to combine ¼ cup peanut butter, ¼ cup tahini, ¼ cup soy sauce, 2 Tbs. sesame oil, 3 Tbs. rice wine vinegar, 1 generous Tbs. minced peeled fresh ginger, 1 medium minced peeled clove of garlic and garlic chili paste to taste and mix to combine.

Add the cooled, cooked spaghetti and gently toss to combine.

Add the spinach, cubed tofu and thinly chopped cucumber and gently toss to combine.

Adjust seasonings to taste.

Serve right away or keep cold in a tightly sealed container until you're ready to eat.

Serve with more toasted sesame seeds sprinkled over the top.

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