

Quinoa Pasta with Peanut Sauce

1 lb Quinoa pasta
¼ cup natural peanut butter
1 Tablespoon light soy sauce
2 teaspoons sugar
½ tsp sesame oil
1 teaspoon peanut oil, plus 2 tsp
1 tsp ground ginger
½ cup hot water
1 cup chopped broccoli
1 cup sliced red pepper
1 cup sliced mushrooms
½ cup sliced onion
¼ cup roasted peanuts, crushed

In a small sauté pan, dry roast peanuts for 3-4 minutes or until slightly toasted. Set aside.

Combine peanut butter, soy sauce, sugar, sesame oil, rice vinegar, ginger, lime juice and 1 teaspoon peanut oil in food processor. Puree until smooth gradually adding water for smoothness. Set aside

Heat remaining peanut oil in medium nonstick fry pan over medium heat. Add broccoli, pepper, mushrooms and onion. Sauté for 5-7 minutes until tender but crisp. Meanwhile, prepare quinoa pasta according to package. Drain and place in serving bowl. Add vegetables and toss with peanut sauce to coat. Add roasted peanuts. Serve.

Serves 4.

Calories 300 Fat 14g Carbohydrate 34g Dietary Fiber 6g Protein 10g Sodium 230mg