



MyPantry
includes grains

Spaghetti Noodles with Chicken and Thai Peanut Sauce (Serves 4)

Ingredients:

- 2 tbsp. soy sauce, low sodium
- 1 Lime
- 2 tbsp. vegetable oil (or any cooking oil)*
- 1 tbsp. chopped garlic
- ¾ tsp. ground ginger
- 1 lbs. chicken breast sliced (about 2 boneless chicken breast)
- ½ cup peanut butter*
- 1½ cup low-sodium chicken broth
- 2 tbsp. sweet chili sauce
- ½ tsp. dried red-pepper flakes (optional)
- 1 lbs. spaghetti*
- ¼ cup chopped onions (recommend 3 stalks green onions)
- 1/3 cup chopped peanuts (optional)

Directions:

1. In a medium bowl, combine 1 tbsp. soy sauce, juice of half a lime, 1 tbsp. of oil, garlic, and ginger. Add the chicken and toss to combine. Let marinate at least 10 minutes.
2. In a medium saucepan, combine 1 tbsp. soy sauce, juice of half a lime, peanut butter, chicken broth, sweet chili sauce, salt, and red pepper flakes. Bring just to a simmer over low heat, whisking until smooth.
3. Heat large frying pan on medium heat. Add marinated chicken and cook until done. About 5 to 6 minutes.
4. In a large pot of boiling water, cook the spaghetti until just done, about 12 minutes. Drain spaghetti and place in frying pan with cooked chicken. Add peanut sauce and onions and toss to combine. Top with chopped peanuts.

Chef's Note: Add vegetables like carrots, broccoli, or bell peppers for a more balanced plate.



* Items typically found in food pantries

Nutrition Facts

| Serving Size | | 1 Serving |
|---------------------------|--------|------------|
| Amount Per Serving | | |
| Calories | | 776 |
| % Daily Values* | | |
| Total Fat | 25.3g | 39% |
| Saturated Fat | 4.5g | 23% |
| Polyunsaturated Fat | 8.5g | |
| Monounsaturated Fat | 10.1g | |
| Cholesterol | 40mg | 13% |
| Sodium | 750mg | 31% |
| Total Carbohydrate | 100.4g | 33% |
| Dietary Fiber | 6.8g | 27% |
| Sugars | 10.5g | |
| Protein | 37.5g | |
| Calcium | 210mg | 21% |
| Iron | 10.8mg | 60% |
| Potassium | 485mg | 14% |
| Vitamin A | 500IU | 10% |
| Vitamin C | 53.4mg | 89% |

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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(Serves 4)

MyPlate Food Groups Per Serving:

P 1/2 cup Protein

G 2 cups Grains

Recipe created by Chef Quan Hoang, who serves as the Washington State Executive Mansion Chef.



Washington
State Department of
Agriculture



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