

*Veggies for health! We're seeing information everywhere to "eat more vegetables!" Sometimes it seems easy; other days, quite the contrary. One key is finding wonderful recipes that can be adapted, year round, that you and your family and friends enjoy. One such recipe is a noodle and peanut sauce combination, with seasonal vegetables. Try it with any trio of vegetables you like!*

### *Amy's Noodles with Peanut Sauce*

- 1 large bunch of broccoli, cleaned and cut into bite-sized pieces
- 1 cup snow peas
- 1 cup peeled and bias-cut carrots
- OR about 3 cups of any vegetable combination you love
- 8 oz. Noodles (whole grain udon, spaghetti, or fettuccini work great)
- 1/4 - 1/3 cup peanut sauce

#### **Peanut Sauce**

- 1/2 cup organic peanut butter
- 2 tablespoons minced candied ginger
- 2 or more large cloves garlic, minced
- 1/2 - 2/3 cup of water
- 2 tablespoons Tamari sauce (or soy sauce)
- 1 teaspoon brown rice vinegar (or balsamic)

#### **Garnishes**

- 2 tablespoons chopped, toasted peanuts (organic ones are best to avoid aflotoxins)
- 1 bunch scallions, cleaned and chopped, with most of green tops included
- dash cayenne (optional)

Prepare vegetables and steam, placing longest cooking ones in bottom of steamer and adding others, just until "fork tender." Rinse with cold water to stop cooking process.

Meanwhile, cook noodles according to package directions.

For the sauce, place all ingredients in a blender or food processor and pulse until well mixed. Taste and adjust seasonings. It may seem a bit salty; remember that it will be mixed with bland foods and is awesome! Leftover sauce may be refrigerated a few days and is great as a dip for fresh vegetables or spooned over a baked potato.

When noodles are cooked, rinse under cold water. Drain well and place in a bowl. Add sauce and mix well, to prevent sticking together. Add vegetables and mix gently (I find that tongs work well for this step). Add more sauce, if needed, until of the consistency you like. Garnish with peanuts and scallions.

My husband John and I like to eat this meal, warm, for supper. The following day, it makes a great cold salad.

I like to "showcase" 2-3 vegetables with varied colors in this recipe. You can also use smaller amounts of each, with more variety. Other vegetables to consider: cauliflower, brocciflower, peppers, zucchini, mushrooms, asparagus, eggplant, any type of greens.

*Amy Shuman has been an open-minded registered dietitian in the Cumberland, Maryland area for over 25 years. She enjoys helping others with wellness, nutrition and herb information at her home, The Shuman Life Center. She and her husband, John, may be reached by e-mailing: [jashuman@charter.net](mailto:jashuman@charter.net) or phoning 301-777-3719.*