**Noodles With Peanut Butter Sauce**

Peanut butter sauce, also called satay sauce, is commonly served in China, Indonesia, Malaysia, Thailand, and Vietnam to add flavor to grilled meats and noodles.

**Makes:** 6 servings  
**Prep time:** 10 minutes  
**Cook time:** 30 minutes

### INGREDIENTS

- 1 cup water
- 3 ounces spaghetti noodles, whole grain–rich, uncooked
- 11 ounces chicken breast, boneless, skinless, fresh or frozen, raw, ½" diced
- 3 cups broccoli, frozen, cut
- 3 tablespoons peanut butter, smooth
- 3 tablespoons water
- 3 tablespoons soy sauce, low-sodium
- 1 tablespoon cider vinegar
- 1 tablespoon sugar, granulated
- ½ teaspoon ginger, fresh, grated
- 1 clove garlic, fresh, minced (1 clove is about ¼ teaspoon minced)
- ⅛ teaspoon red pepper flakes
- 1 teaspoon cornstarch
- 2 tablespoons onion, green, with tops, fresh, chopped (optional)
- 2 tablespoons cilantro, fresh, chopped (optional)
- 6 slices lime wedge, fresh (optional)
- Nonstick cooking spray

### DIRECTIONS

1. Heat water to a rolling boil.
2. Break spaghetti noodles in half. Slowly add noodles to boiling water. Stir constantly until water returns to a boil. Cook about 8 minutes or until al dente. Stir occasionally. Do not overcook. Drain well.
3. Coat a medium skillet with nonstick cooking spray.
5. Add broccoli to the skillet, and cook for 10 minutes or until internal temperature of diced chicken reaches 165 °F and broccoli is tender, but not mushy.
6. Prepare sauce: In a small microwavable bowl, combine peanut butter, 2 Tbsp warm water, soy sauce, cider vinegar, sugar, ginger, garlic, and red pepper flakes.
7. Microwave sauce for 30 seconds; remove from the microwave, whisk sauce and microwave for 30 more seconds, whisk again. (Note: sauce will look stringy.)
8. In a small bowl, whisk remaining 1 Tbsp warm water with cornstarch to make a slurry (thin paste). Be sure cornstarch is fully dissolved in the water before adding the slurry to the sauce.
9. Slowly whisk slurry into the peanut butter sauce until fully combined. Microwave 30 seconds or until thick. Whisk until sauce is a smooth–thick consistency.
10. In a large bowl, toss peanut sauce, chicken, broccoli, and noodles. Garnish each serving with 1 tsp green onions, 1 tsp cilantro, and one lime wedge (optional).
11. Serve ¾ cup. Serve hot or cold.

**Critical Control Point:** Hold for hot service at 140 °F or higher.

**Critical Control Point:** Hold for cold service at 40 °F or lower.
### NUTRITION INFORMATION

For ¾ cup.

<table>
<thead>
<tr>
<th>Nutrients</th>
<th>Amount</th>
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<tbody>
<tr>
<td>Calories</td>
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<tr>
<td>Total Fat</td>
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<tr>
<td>Saturated Fat</td>
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<tr>
<td>Cholesterol</td>
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<tr>
<td>Sodium</td>
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<tr>
<td>Total Carbohydrate</td>
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<tr>
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</table>

N/A = data not available.

### CACFP CREDITING INFORMATION

¾ cup provides 1½ oz equivalent meat, ¼ cup vegetable, and ½ oz equivalent grains.

### CHEF TIPS

**Variation**
Add a variety of frozen stir-fry vegetables such as snow peas, carrots, and onions.

Large broccoli pieces may be a choking hazard; for younger children, chop broccoli into smaller pieces.

For younger children, squeeze lime juice onto the dish, and serve without the lime wedge.

Source: Team Nutrition CACFP Multicultural Recipe Project.

https://teamnutrition.usda.gov