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Sesame Noodles

Ingredients

- ◆ 1 tablespoon peanut butter
- ◆ 2 tablespoon soy sauce, lite
- ◆ 1 teaspoon oil, sesame
- ◆ 3 clove(s) garlic, minced
- ◆ 1 teaspoon ginger, fresh, grated
- ◆ 2 cup(s) pasta, spaghetti, cooked
- ◆ 1/2 cup(s) pepper(s), green, bell, thinly sliced
- ◆ 1/2 cup(s) carrot(s), thinly sliced
- ◆ 1/4 cup(s) scallion(s) (green onions), minced
- ◆ 1/4 cup(s) sprouts, bean

Preparation

- a. In a small saucepan, combine the peanut butter, soy sauce, sesame oil, garlic and ginger. Bring the mixture to a boil, lower the heat, and simmer for 3 minutes.
- b. Combine the remaining ingredients and pour the hot peanut sesame dressing over the pasta and vegetable mixture.
- c. Chill and serve cold.