

Peanut Noodle Salad

Yield: Serves Four



Steps:

1. In a medium-size bowl combine all dressing ingredients. Whisk well. Taste for salt. You can add a little if you think it needs it.
2. In a large bowl combine the cooked noodles, chicken, cabbage, bell pepper, and scallions. Pour the dressing over the salad and toss well making sure you are coating the spaghetti with the dressing. Top with the sliced mango and chopped peanuts. Serve.

Ingredients:

For the Dressing

- ¼ cup smooth peanut butter
- ¼ cup low-sodium soy sauce
- 2 tablespoons canola oil
- 2 tablespoons sesame oil
- 2 tablespoons honey
- 2 tablespoons pepper jelly (Trader Joe's sells this)
- ¼ cup cilantro, finely chopped
- 2 cloves garlic, minced
- 2 teaspoons freshly grated ginger
- 2 tablespoons rice wine vinegar
- Juice from one lime

For the Salad:

- ½ pound spaghetti noodles (cooked to the specifications on the package *al dente), drained
- 2 - 3 chicken breasts, cooked, skins and bones removed and shredded
- 1 package shredded cabbage (coleslaw mix is fine)
- 1 red, yellow or orange bell pepper - julienned
- ½ cup scallions, thinly sliced
- 1 mango, sliced thin
- ½ cup peanuts, chopped