Quick Pad Thai

Serves: 6 - Serving size: 11/4 cups - Cost/serving: \$1.06



Ingredients:

6 ounces whole wheat thin spaghetti 2 tablespoons vegetable oil, divided 24 ounces frozen vegetable mix 3 tablespoons light soy sauce

1/4 cup water

¼ cup peanut butter

2 tablespoons sugar

½ pound boneless chicken breast, cut into bite sized pieces

3 eggs

1/3 cup chopped peanuts

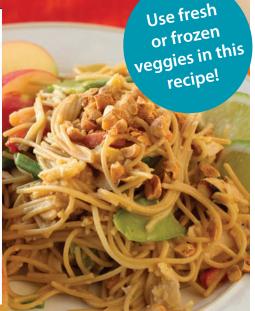
Directions:

- 1. Cook spaghetti according to package directions. Drain in colander and toss with 1 tablespoon oil.
- 2. Defrost vegetables in microwave for 5 minutes and drain well (as spaghetti cooks).

- 3. Combine soy sauce, water, peanut butter, and sugar in a small bowl. Stir until smooth and set aside.
- 4. Heat 1 tablespoon of oil in large skillet over medium high heat. Add chicken pieces and cook and stir until no longer pink (heat chicken to at least 165°F).
- 5. Crack eggs into a small bowl and beat. Add to pan with chicken and scramble until firm. Add the vegetables and spaghetti to the pan with the chicken mixture. Stir to heat through.
- 6. Add the soy sauce mixture to the pan and stir to coat veggies.
- 7. Place in serving bowl and sprinkle peanuts on top.

Recipe adapted with permission from Iowa State University Extension.





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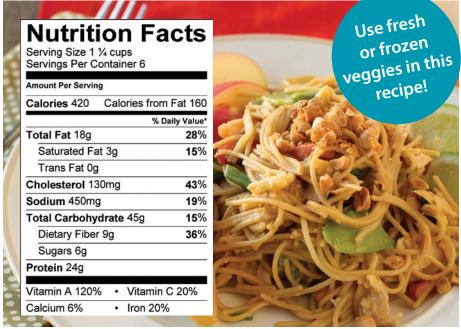
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