

## Quick Pad Thai

Serves: 6 ■ Serving size: 1¼ 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  
¼ cup water  
¼ cup peanut butter  
2 tablespoons sugar  
½ pound boneless chicken breast,  
cut into bite sized pieces  
3 eggs  
⅓ 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.

### Nutrition Facts

Serving Size 1 ¼ cups	
Servings Per Container 6	
Amount Per Serving	
<b>Calories 420</b>	Calories from Fat 160
% Daily Value*	
<b>Total Fat 18g</b>	<b>28%</b>
Saturated Fat 3g	15%
Trans Fat 0g	
<b>Cholesterol 130mg</b>	<b>43%</b>
<b>Sodium 450mg</b>	<b>19%</b>
<b>Total Carbohydrate 45g</b>	<b>15%</b>
Dietary Fiber 9g	36%
Sugars 6g	
<b>Protein 24g</b>	
Vitamin A 120% • Vitamin C 20%	
Calcium 6% • Iron 20%	

Use fresh or frozen veggies in this recipe!

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