

Sesame noodles



Recipe credit

University of Minnesota Extension Department of Family, Health and Wellbeing

About this recipe

Serves

6

Serving size

1/6 of prepared recipe

Time to make

20 minutes preparation; 20 minutes cook time (cooking spaghetti)

Special criteria

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[Whole grains recipes](#)

Ingredients

- About 5 ounces dried spaghetti (3 cups cooked)
- 2 teaspoons warm water
- 3 tablespoons peanut butter
- 2 teaspoons sesame oil or vegetable oil
- 1 tablespoon soy sauce
- 1/2 teaspoon sugar
- Tabasco to taste
- 2 tomatoes, chopped
- 1/2 cup chopped scallions (green onions)
- 1 carrot, grated or julienned (cut in long strips)
- 1 1/2 cups broccoli florets, blanched
- Optional: 1 teaspoon sesame seeds
- Optional: 1 clove garlic, minced

Directions

1. If your spaghetti is not already cooked, cook according to package instructions.
2. In a large bowl, mix warm water with peanut butter until light and creamy.
3. Add sesame oil, soy sauce, sugar, and Tabasco. Blend.
4. Add spaghetti, tomatoes, scallions, carrot, broccoli, and sesame seeds and garlic if using.
5. Toss to coat everything with the sauce and serve.

Tips and variations

- If desired, serve the noodles with chopped peanuts, chopped cilantro, and sliced limes.
- This dish tastes great warm or cold.
- To add more protein to this dish, top it with cooked, chopped chicken or turkey, chopped tofu, or chopped hard-boiled egg.
- You can use other noodles you might have on hand udon, rice, soba, etc.

Nutritional info

Calories

202

Total fat

6.5 g

Saturated fat

1.2 g

Cholesterol

0 mg

Sodium

229 mg

Total carbohydrates

29.6 g

Dietary fiber

4 g

Protein

7.8 g

Total sugar

3.8 g

Allergens

Peanuts

Soy

Wheat

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