Healthy Recipe: Peanut Sesame Noodles

Tempted by take out? Try this healthier version of this popular dish instead.

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If you're in the mood for takeout but also want to eat healthfully, this is the dish for you. It's difficult to go wrong with the perfect flavor and texture combinations of peanut butter, garlic, ginger, soy sauce and crunchy cucumber.

20 min prep

6 servings

13 ingredients

Ingredients

- 1 pound soba noodles (see our Basic Recipe, if helpful)
- ¼ cup smooth natural peanut butter
- ¼ cup tahini
- ¼ cup water or chicken broth
- 1/2 cup low sodium soy sauce
- 2 tablespoons sesame oil
- 2 small garlic cloves, minced
- 2 tablespoons cider vinegar
- 3 tablespoons honey
- ¼ cup vegetable oil
- 2 tablespoon sesame seeds
- 4 scallions, white and light green parts chopped
- 1 medium cucumber, deseeded and julienned

Directions

1. Boil water for the soba. Cook according to package instructions.
2. Meanwhile, in a small saucepan over medium heat, combine the peanut butter, tahini, water (or chicken broth), soy sauce, sesame oil, and garlic. Cook, stirring frequently until the mixture is smooth, about 5 minutes. Turn off the heat and stir in the cider vinegar, honey, and vegetable oil.
3. Pour into a large serving bowl, and mix with the drained soba. Top with sesame seeds, scallions, and cucumbers. Serve immediately or let cool in the refrigerator and serve cold.

Nutrition Facts (per serving)

Calories: 577; Fat: 27g; Saturated Fat: 4g; Polyunsaturated Fat: 13g; Monunsaturated Fat: 9g; Carbohydrates: 75g; Sugar: 11g; Fiber: 3g; Protein: 19g; Sodium: 1655

Chef Tip

If you cannot find soba, you can also use whole wheat spaghettini or spaghettini.

Registered Dietician Approved

All our recipes are created by chefs and reviewed by our oncology-trained staff Registered Dietitian, Kate Ueland, MS, RD, to ensure that each is backed with scientific evidence and meets the standards set by the Academy of Nutrition and Dietetics.

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