

SESAME CHICKEN & PASTA

INGREDIENT LIST:

8 ounces whole wheat linguine	2 cooked chicken breast halves, boneless
3 cloves minced garlic	4 tablespoons sesame seeds
1 tablespoon red wine vinegar	1 pound pea pods, trimmed
1 tablespoon packed brown sugar	3 scallions, white bulbs and 3 inches green tops, sliced
6 tablespoons chunky peanut butter	
¼ cup soy sauce, light	
6 tablespoons sesame oil	
2 tablespoons hot Chili oil	

DIRECTIONS:

Cook linguine according to package directions; drain, rinse under cold water and set aside in large mixing bowl.

Put garlic, vinegar, brown sugar, peanut butter and soy sauce in food processor; chop for 1 minute. With the processor still on, slowly add the sesame and hot chili oils through the feed tube and process until well blended.

Cut chicken into bite-sized pieces and toss with linguine. Add sauce and half the sesame seeds and toss to coat.

Blanch pea pods in saucepan of boiling water for 30 seconds; drain, rinse under cold water and pat dry.

Place linguine-chicken mixture in large flat serving bowl and arrange pea pods on top. Sprinkle with scallions and remaining sesame seeds. Serve at room temperature.

Servings: 6

Calories/Serving: 530

Nutrition: One serving provides approximately: 25 g protein, 42 g carbohydrates, 8 g fiber, 31 g fat (4 g saturated), 30 mg cholesterol, 60 mcg folate, 4 g iron and 410 mg sodium.



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A branch of the Wheat Foods Council