PROTEIN PACKED PAD-THAI

Who doesn't love pasta? Especially when it's loaded with protein and fiber! Colorful veggies for lots of antioxidants, can add grilled chicken or shrimp to add extra protein, anti-inflammatory spices that add a kick, leftovers are great for the next day.

Ingredients:

- 1 package edamame noodles
- 2 cups chopped cabbage (can be green, red or both)
- 1 cup chopped peppers (we used yellow, red and orange)
- ½ cup chopped yellow onion
- 1T coconut oil

Peanut Sauce

- ½ cup natural peanut butter
- 1T sriracha
- 2 tsp garlic powder
- 2 tsp ginger powder
- 3T coconut amimos
- 1T raw honey
- 1 tsp sea salt



Directions:

Cook noodles according to box directions. While noodles are cooking, melt peanut butter on stove for a minute (or microwave for about 30 seconds) to soften. Add all sauce ingredients to a small mixing bowl and stir until well-combined. Set aside. Add coconut oil to a heated pan on the stove. Once melted, add chopped cabbage, peppers and onion and cook for 2 to 3 minutes. Remove from heat. Add cooked noodles and sauce to the pan with the vegetables and stir until evenly coated. So delish! Makes 6 servings.

NUTRITION PER SERVING:

Calories 319 Protein 22g Carbs 27g Fiber 11g Sugar 8g Fat 15g Sat Fat 4g Chol 0mg Sodium 596mg

Reference: Chelsea Morrow, personal trainer

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