

Thai Peanut Curry Noodles *From EatingWell: March/April 2015*

Thai curry paste delivers a spicy kick-in-the-pants in this healthy peanut noodle recipe. If you haven't tried kohlrabi yet, here's your excuse to buy it. The bulbous vegetable is related to broccoli and Brussels sprouts, but has a milder, sweet flavor and fabulous crunch.

4 servings | Active Time: 30 minutes | **Total Time:** 30 minutes

Ingredients

- 8 ounces whole-wheat spaghetti
- 1/2 cup smooth natural peanut butter
- 1 small shallot, minced
- 2 tablespoons Thai green, red or yellow curry paste
- 1 tablespoon minced fresh ginger
- 1 tablespoon reduced-sodium soy sauce
- 2 teaspoons toasted sesame oil
- 1/4 teaspoon salt
- 1/2 cup frozen edamame (thawed)
- 1 medium red bell pepper, cut into matchsticks
- 1 cup matchstick-cut peeled kohlrabi or broccoli stem
- 1/4 cup coarsely chopped fresh cilantro (optional)



Preparation

1. Bring a large saucepan of water to a boil. Add spaghetti and cook according to package directions. Reserve 1/4 cup of the water, then drain the pasta and rinse well with cold water.
2. Whisk the reserved pasta water, peanut butter, shallot, curry paste, ginger, soy sauce, oil and salt in a large bowl. Add the pasta, edamame, bell pepper and kohlrabi (or broccoli stem); toss well to coat. Serve topped with cilantro, if desired.

Nutrition

Per serving : 469 Calories; 20 g Fat; 3 g Sat; 1 g Mono; 0 mg Cholesterol; 55 g Carbohydrates; 18 g Protein; 11 g Fiber; 571 mg Sodium; 365 mg Potassium

My Notes: *This one's a keeper. I used red curry paste, which gave it a much deeper color than the photo above. When sprinkled with cilantro, the contrast was very appealing. Served it in the large flat soup bowls.*

I followed the recipe exactly except substituting yellow bell pepper for red because that's what we had on hand. I used a little more kohlrabi and a little less bell pepper. I also added a tiny bit of leftover cooked chicken breast that I wanted to use up, but it would have been fine without it.

Half a recipe was enough for dinner for two with a leftover serving for lunch the next day.

The kohlrabi and bell pepper were not cooked – added nice crunch. The kohlrabi was similar to broccoli but milder in flavor. You could probably substitute the broccoli slaw from the supermarket; the flavor would be stronger, but no chopping required. Bill suggested using jicama, but I think it would have been too different.