

Spicy Asian-Style Pasta Salad

Serves 6

- 1 pound linguine or spaghetti, broken in half
- 3 tablespoons sesame oil or canola oil
- 3 tablespoons honey
- 3 tablespoons soy sauce, low-sodium
- 3 tablespoons balsamic vinegar
- ¼ teaspoon cayenne or red pepper
- 3 red bell peppers, seeded, thinly sliced
- 3 cups snow peas
- 1 large red onion, thinly sliced or yellow onion
- ¾ cup honey-roasted peanuts, coarsely chopped (optional)
- ½ cup basil, fresh chopped or ⅛ cup basil dried

1. Cook pasta in large pot of boiling water until tender but still firm, stirring occasionally. Drain and transfer to large bowl.
2. While pasta is cooking, wash and prepare vegetables.
3. Whisk 2 tablespoons sesame oil, and honey, soy sauce, vinegar and cayenne pepper in small bowl to blend, to make dressing.
4. Mix half of dressing into pasta.
5. Heat remaining 1 tablespoon oil in heavy large pot over medium-high heat.
6. Add bell peppers, snow peas and onion.
7. Add vegetables to cold pasta.
8. Mix in peanuts (optional); basil and enough remaining dressing to coat salad.

TIPS:

- Serve this as a side dish, or add cooked chicken or shrimp for main course.
- Look for sesame oil in the Asian foods section of the supermarket.

Nutrition Facts:

Serving size: about 1 cup; Calories: 520; Fruits and Vegetables: 2 servings; Fat: 17 g; Fiber: 7 g



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