



Satay Zucchini Noodles

Makes 1 serving

Ingredients

2 zucchini or yellow summer squash (unpeeled, cut lengthwise into thin, spaghetti-like strips)
1½ tablespoons Asian peanut satay sauce
1 tablespoon tahini
1 tablespoon lime juice
1 teaspoon soy sauce (naturally brewed)

1 teaspoon ginger root (freshly grated)
⅓ cup fresh snow peas (thinly sliced)
⅓ cup orange or red bell pepper (thinly sliced)
1 teaspoon white or black sesame seeds (toasted)
2 tablespoons fresh cilantro leaves

Instructions

1. Add the zucchini to a 2-quart microwave-safe dish.
2. Stir together the satay sauce, tahini, lime juice, soy sauce and ginger in a small bowl until smooth. Pour the sauce over the zucchini and toss to coat.
3. Cover the dish with unbleached parchment paper and microwave on high until the vegetables are done, about 4 minutes (for al dente) to 5 minutes (for softened). Remove from the microwave and let stand, covered, for 5 minutes to complete the cooking process.
4. Add the snow peas and bell pepper, toss to combine, and adjust seasoning. Sprinkle with the sesame seeds and cilantro, and serve immediately.

Nutrition Facts

Serving size: 3 cups; calories per serving: 330; fat: 18g; saturated fat: 3g; cholesterol: 30mg; sodium: 570mg; carbohydrates: 24g; fiber: 8g; sugar: 12g; protein: 25g

Source: www.diabetesfoodhub.org

