

Crunchy Noodle Salad

Ingredients

Kosher salt

½ pound thin whole wheat or 50:50 spaghetti

1 pound sugar snap peas

½ cup vegetable oil

¼ cup rice wine vinegar

1/3 cup soy sauce

3 tablespoons dark sesame oil

1 tablespoon honey

2 garlic cloves, minced

1 teaspoon grated fresh ginger

3 tablespoons toasted white sesame seeds,
divided

½ cup smooth peanut butter

4 scallions sliced diagonally (white and green part)

2 red peppers, cored and seeded, and thinly sliced

3 tablespoons chopped fresh parsley leaves



Preparation

Cook spaghetti according to package directions. Drain and set aside

Boil a large pot of salted water, add sugar snap peas, return to boil, and cook for 3-5 minutes, until crisp tender. Lift the sugar snap peas from the water with a slotted spoon and immerse them in a bowl of ice water. Drain.

For the dressing, whisk together the vegetable oil, rice wine vinegar, soy sauce, sesame oil, honey, garlic, ginger, 2 tablespoons sesame seeds and peanut butter in a medium bowl.

Combine the spaghetti, sugar snap peas, peppers and scallions in large bowl. Pour the dressing over the spaghetti mixture. Add the remaining 1 tablespoon of sesame seeds and the parsley and toss together.