



## Chilled Whole Grain Noodle Salad with Sweet & Sour Peanut Sauce featuring MINH™ Less Sodium Sweet & Sour Sauce

This delicious noodle salad is loaded with fresh, crunchy vegetables and packed with flavor. Substitute diced tofu for the chicken for a great vegetarian option.

Yield: 10 – 2.5 Cup Servings

### Ingredients

MINH™ Less Sodium Sweet & Sour Sauce  
 Peanut Butter, Creamy  
 Oil, Sesame Toasted  
 Sriracha Sauce  
 Vinegar, Rice  
 Pasta, Whole Wheat Spaghetti, Cooked and Chilled  
 Oil, Vegetable (to coat pasta after cooled)  
 Chicken Meat, Cooked & Diced  
 Scallions, Sliced Fresh  
 Bean Sprouts, Fresh  
 Snap Peas, Chopped Fresh  
 Carrots, Fresh Shredded  
 Pepper, Red Bell Fresh Diced  
 Cucumber, Fresh Diced  
 Celery, Fresh Diced  
 Red Cabbage, Fresh Shredded  
 Orange, Mandarin Canned  
 Cilantro, Fresh Sprig  
 Lime, Fresh Wedge

### Volume

1 ¾ Cup

### Weight

1 Pounds .5 OZ

1/3 Cup + 2 TBS	4.4 OZ
2 tsp	.3 OZ
1/8 Cup	1.5 OZ
1/8 Cup	1.2 OZ
10 Cup	2 Pounds 8 OZ
3 TBS	1.5 OZ
1 ¼ Pound	1 Pounds 4 OZ
1 ¼ Cup	3 OZ
1 ¼ Cup	5 OZ
1 ¼ Cup	5 OZ
1 ¼ Cup	5 OZ
1 ¼ Cup	5 OZ
1 ¼ Cup	5 OZ
1 ¼ Cup	5 OZ
1 ¼ Cup	5 OZ
2 ½ Cup	1 Pounds .5 OZ
10 Each	.3 OZ
10 Each	5 OZ

### Preparation

1. In a large bowl combine the Sweet & Sour Sauce, peanut butter, sesame oil, Sriracha sauce and rice vinegar. Mix with a whisk until smooth and creamy.
  2. Add the pasta and gently mix to evenly coat the noodles with sauce.
  3. Add the fresh chopped vegetables and mandarin oranges. Gently mix to evenly distribute vegetables into pasta & sauce. Hold chilled for service.
- Garnish options – Fresh cilantro & lime wedge, green onions

### Nutrition Information (amount per serving)

Total Calories: 535 Sodium: 316mg Fat: 15.93g Sat Fat: 3.14g  
 Meat / Meat Alternate – 2oz  
 Grain – 2 oz Equivalent  
 Vegetable – 1 Cup