

Thai Peanut Curry Noodles

8 ounces whole-wheat spaghetti
1/2 cup smooth natural peanut butter
2 scallions, 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 or 2 garlic scapes, minced
1/2 cup frozen edamame (thawed)
1 medium red bell pepper, cut into matchsticks
1 bok choy, chopped, stems and leaves separated
1 cup matchstick-cut peeled kohlrabi
1/4 cup coarsely chopped fresh cilantro

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, scallion, curry paste, ginger, soy sauce, oil and salt in a large bowl. Lightly saute garlic scapes, kohlrabi, bok choy stems, and peppers just until tender crisp. Add edamame and bok choy leaves and stir until leaves are wilted.
3. Add the pasta and veggie mix to the bowl; toss well to coat. Serve topped with cilantro.

Adapted from Eatingwell.com