

Thai Noodles with Tofu and Snow Peas

1 package (15 ounces) extra firm tofu, drained, pressed and cut into

1/2-inch pieces

1 package (9 ounces) fresh Asian-style noodles

4 ounces snow peas, trimmed and diagonally cut

1/4 cup chopped fresh cilantro

Marinade:

1/3 cup rice vinegar

1/4 cup honey

2 tablespoons peanut butter

2 tablespoons soy sauce

2 tablespoons vegetable oil

1 tablespoon sesame oil

2 cloves garlic, finely chopped

1/2 teaspoon crushed red pepper

1/4 teaspoon ground ginger

In medium bowl, combine marinade ingredients. Add tofu; marinate 30 minutes.

Cook noodles and snow peas in 3 quarts boiling water 1 to 2 minutes, or until peas are crisp-tender; drain. Rinse with cold water; drain. Place in large bowl; add tofu and marinade. Toss gently to coat. Add cilantro; toss to coat.

Makes 6 servings.

Tip: 1 package (8 ounces) dried fettuccine may be substituted for Asian-style noodles. Prepare according to package directions, adding snow peas during last 2 or 3 minutes of cooking.

Nutritional information per serving:
392 calories, 31 mg carbohydrate, 11 mg cholesterol, 17 g fat, 17 g protein, 422 mg sodium.



Recipe provided by the National Honey Board.