Nutrition Information (per serving)
Serving size: 1 cup, Servings: 8
Calories: 286, Protein: 12g, Carbohydrate: 49g, Sugar: 5g, Fat: 7g, Sodium: 324 mg

Thanks to the generous support from

MAYO CLINIC HEALTH SYSTEM

Franciscan Sisters of Perpetual Adoration

We also thank Coulee Region RSVP for their volunteers’ indispensable help with our classes and demonstrations.

HILLVIEW URBAN AGRICULTURE CENTER (HILLVIEW) is a 501(c)3 with the mission of creating a healthy community through a local, sustainable, and accessible food system by:

- Building soil with food waste
- Educating and inspiring people of all ages and abilities to grow food
- Preparing and preserving healthy food together
- Supporting a food system that serves all our community needs

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Asian Noodles with Peanut Butter Sauce

**Ingredients**

**Sauce**
- ¼ cup peanut butter
- 1/3 cup water
- ¼ cup low-sodium soy sauce
- 2 Tbsp. cider vinegar
- 4 tsp sugar

**Vegetables**
- 1 cup Broccoli
- 1 cup Sugar Snap Peas
- ½ cup Onion, diced

1 (16 ounce) package whole wheat pasta
1 Tbsp. Olive Oil

*Optional Suggestions:*
- Use brown rice instead of whole wheat pasta
- Substitute/add in other veggies according to your taste preferences
- Use frozen veggie options instead of fresh, cook properly according to package

**Directions**

2. In a medium bowl, combine peanut butter and warm water. Stir into a smooth, thin sauce. Add soy sauce, vinegar, and sugar. Mix until sugar dissolves.
3. Rinse broccoli and break apart into smaller, bite-sized pieces. Chop onion.
4. In a large skillet over medium-high heat, heat 1 tbsp. olive oil. Sauté broccoli, sugar snap peas, and onion until tender, about 5-7 minutes.
5. Remove pan from heat and stir in peanut butter sauce and pasta.