

Peanut Butter Pasta

This is one of my top 5 dinners!

Peanut Butter Pasta - Serves 2

First 8 ingredients:

- ¼ cup smooth peanut butter
- 3 TBSP soy sauce
- 1 TBSP red wine vinegar
- 1 TBSP sesame oil
- 2 Tsp olive oil
- 1 Tsp sugar
- 1 clove crushed garlic
- ¼ to ½ Tsp crushed red pepper flakes

Remaining ingredients:

- 4 oz angel hair pasta
- 8 oz fresh broccoli chopped into bite-sized pieces
- ¼ cup chopped onions
- 3 oz packet of chicken

At home, before the trip:

Combine the first 8 ingredients in a blender and liquefy. Put in an airtight plastic bag. Chop the broccoli and onion and place in an airtight plastic bag along with the bag containing the first 8 ingredients.

In camp:

Put 2 cups water in a pot and add the pasta as the water comes to a boil. Boil, and after 3 minutes, add the broccoli and onions. Continue boiling, cooking pasta to taste with the broccoli and onion, about another 3 to 5 minutes. Drain, reserving a shy ½ cup of the liquid. Add the reserved liquid to the blended first 8 ingredients. Stir and add the chicken and the sauce to the pasta and vegetables.

Note: You can add some ginger to the first 8 ingredients for additional flavor.

Nutrition Information:

Amount Per Serving

Calories 730

Calories from Fat 391

Calories from Saturated Fat 150

Cholesterol 20 mg

Monounsaturated Fat 12 grams

Polyunsaturated Fat 3 grams

Saturated Fat 8 grams

Trans Fat 0 grams

Total Fat 53 grams

Calcium 1%

Dietary Fiber 8 grams

Iron 8%

Potassium 0%

Protein 29 grams

Sodium	806 mg
Sugars	10 grams
Total Carbohydrates	62 grams
Vitamin A	0%
Vitamin C	0%