

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%