

# RETHINK YOUR LEFTOVERS :

## THAI STYLE PEANUT NOODLE SALAD WITH CHICKEN

### Tips for Reducing Wasted Food at Home:

- 1. Plan Ahead:** Look at preparing a soup, stew, burrito, omelet or salad towards the end of the week so you can use up the vegetable and fruit odds and ends you have.
- 2. Revive Your Veggies:** A quick soak in ice water for 5-10 minutes can revive wilted greens.
- 3. Use Leftovers:** In soups, sauces, smoothies and salsas.
- 4. Utilize Root to Stem:** Use the entire vegetable. Carrot tops, beet greens, broccoli, Swiss chard and kale stems are both delicious and packed with nutrients. Trendy “cauliflower rice” is made from cauliflower cores, a part that used to be discarded.
- 5. Peel Less:** No need to peel carrots and many other root vegetables if you are cooking them. Like potatoes, many of their nutrients lie just under the skin
- 6. Zest Away:** Use a grater or zester on the outside rind of lemons, limes and oranges before cutting and squeezing. The zest adds a burst of flavor to most any dish.

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4 servings

CALORIES	FAT	SATFAT	CARBS	PROTEIN	FIBER	SODIUM
629	26g	5g	77g	27g	7g	730mg

## Ingredients

### Salad

- 11 oz Pasta, fettuccini
- 4 qt Water
- 8 each Basil, Fresh
- ¼ cup Scallion, Fresh
- 1 each Squash, Zucchini
- 6 oz Chicken, Rotisserie

### Sauce

- ½ cup Peanut Butter, creamy
- ½ cup Water, warm
- 4 tsp Soy sauce
- 1/8 tsp Cayenne pepper
- 2 tsp Gochijang
- 4 tsp Sweet chili sauce
- 4 Tbsp Lime juice, fresh
- ¼ tsp Kosher salt
- ¼ tsp Black pepper, ground

## Directions

**Prep time = 20 minutes**

**Cook time = 15 minutes**

1. Wash and scrub all produce before prepping.
2. Cook Fettuccine to desired degree of doneness. Drain, and cool pasta. Set aside. \*Use leftover fettuccine if possible.
3. Separate the chicken meat from the bones and use the bones in a stock or soup.
4. Make the peanut sauce. Combine the peanut butter, water, soy, cayenne, sesame oil, gochujang, lime juice, and chili sauce. Set aside
5. Use a vegetable peeler to make strip of the zucchini into a large bowl.
6. Next, cut the scallions into ¼ inch slices (on the bias)
7. Cut the basil (including stem) into small strips
8. Chop the cilantro (including stems)
9. Pull the carrot tops into small pieces
10. Finish the Salad: Combine chicken, cilantro, basil, zucchini, scallions, pasta, carrot tops, peanut sauce salt and pepper in a mixing bowl. Taste and season with additional lime juice, salt and pepper if desired. Mix well.
11. Place cold noodle salad on plate, and garnish with whole peanuts. Optional: extra cilantro, basil or carrot tops if desired