Peanut Noodle Bowl

Servings: 6

**Ingredients:**
1 pound egg noodles (uncooked)  
2 teaspoons vegetable oil  
2 cloves garlic  
1 teaspoon chili powder  
1 can low-sodium mixed vegetables  
   (about 15 ounces, drained)  
¾ cup water  
¼ cup barbecue sauce  
1 tablespoon peanut butter  
¼ cup roasted peanuts (chopped)

Remember to wash your hands with soap and warm water before and after cooking.

**Directions:**
1. Cook egg noodles according to package directions. Drain well.
2. Heat a large nonstick skillet over medium heat. Add oil and cook garlic and chili powder until golden, about 1 minute.
3. Add vegetables and water. Cook until vegetables are warmed, about 3 minutes. Add barbecue sauce and peanut butter; stir until sauce is smooth.
4. Toss sauce and vegetables with egg noodles and chopped peanuts.

**Nutrition Facts:** One serving provides 400 Calories, 9g Total Fat, 1.5g Saturated Fat, 140mg Sodium, 66g Total Carbohydrate, 1g Dietary Fiber, 14g Protein

**Tips:** Instead of canned mixed vegetables, substitute your favorite fresh or frozen vegetables. Try adding chopped cooked chicken, turkey, beef or pork.