



Makes 4 to 6 servings
Cook Time: 20 minutes

INGREDIENTS:

1 pound whole-grain spaghetti

$\frac{1}{2}$ – $\frac{3}{4}$ cup [Almost Instant Peanut Sauce](#)

1 cup chopped green onion,
white and green parts

Chopped peanuts, for garnish

Chilled Peanut Noodles

I love anything with peanut butter—especially a spoon. I eat peanut butter only as a special treat because of the fat content, and this dish is one of my favorite special treats. This dish comes together quickly. If you are cooking for one or two, you can put as much pasta as you want in a bowl, toss it with an appropriate amount of sauce, and save the rest.

From *The China Study Quick & Easy Cookbook*

<https://www.youtube.com/watch?v=B0JoYtJYwo8>

By Del Sroufe

- 1 Cook the spaghetti according to package instructions.
- 2 Drain the noodles, rinse under cold water, and drain again.
- 3 Place the cooked spaghetti in a bowl, add the Peanut Sauce, and toss to mix well.
- 4 Serve garnished with the chopped green onion and chopped peanuts.