



TEAM FOUR
FOOD SERVICE



Two Good Vegetable Pad Thai

Yield: 6 servings

Ingredients:

1 1/2 quarts Linguine Pasta, cooked and chilled
1 1/2 C Snap Peas, Freshblanched, chilled and halved
1 1/2 C Carrots, Fresh, blanched, chilled and julienne
1 1/2 C Red Bell Peppers, julienne and sauteed
1 1/2 C Radicchio, thinly sliced
2 Tbsp Cilantro, Fresh, chopped
2 Tbsp White Sesame Seeds, toasted
6 Tbsp Roasted Peanuts, Salted and crumbled
1/2 C Peanut Butter, Creamy
2 Tbsp Ginger, grated
1/2 C Soy Sauce
1/4 C Lime Juice
1 Tbsp Red Pepper Flakes
6 Tbsp Granulated Sugar
1/2 C Plain Lowfat Greek Yogurt

Directions:

1. Combine peanut butter, ginger, soy sauce, lime juice, red pepper flakes and granulated sugar in a medium sauce pan set to medium high heat.
2. Cook over medium high heat while whisking periodically for 4 minutes or the sauce is creamy reaches a simmer.
3. Remove the sauce from the heat and whisk in the Greek yogurt; Continue to whisk until sauce is smooth and creamy.
4. Transfer the sauce in to a storage container, and allow to cool. Cover and refrigerate until needed.
5. Combine cooked pasta and yogurt Thai peanut sauce in a large mixing bowl; Mix until pasta is thoroughly coated.
6. Add snap peas, carrots, red bell peppers, and radicchio to the mixing bowl; Gently fold the mixture until ingredients are thoroughly mixed.
7. For each portion, top 2 cups of pad Thai with 1 tsp(s) of fresh chopped cilantro, 1 tsp(s) of toasted white sesame seeds, and 1 Tbsp(s) of crumbled roasted peanuts.
8. Serve.

Recipe and photo courtesy of Danone