



Beef Pad Thai

INGREDIENTS

8 ounces pad Thai rice noodles, preferably brown rice noodles
2 teaspoons canola oil
 $\frac{3}{4}$ pound lean ground beef
2 cups stringless snap peas
2 cups matchstick carrots
 $\frac{1}{2}$ cup chopped scallions
 $\frac{1}{2}$ cup pad Thai sauce
Chopped peanuts, for garnish
Lime wedges, for garnish
2 tablespoons reduced-sodium soy sauce

PREPARATION

Bring a pot of water to a boil over high heat. Add noodles and cook for 2 minutes less than package directions. Drain, reserving 1 cup cooking liquid.

Meanwhile, heat oil in a large nonstick skillet over medium-high heat. Add beef and cook, crumbling with a wooden spoon until browned, 4 to 5 minutes. Add snap peas, carrots and scallions and cook, stirring often, until the peas are bright green, 2 to 3 minutes.

Add Thai sauce, the noodles and about half of the reserved cooking liquid; stir with tongs to coat. Reduce heat to medium-low and simmer, adding more of the reserved cooking liquid to moisten if necessary. Cook, stirring occasionally, until the vegetables are tender-crisp, 2 to 3 minutes longer.

Serve hot, sprinkle with chopped peanuts and lime wedges, if desired.

SERVES 4

ACTIVE TIME 20M

TOTAL TIME 20M

NUTRITION FACTS

Calories	465
Total Fat	13g
Saturated Fat	4g
Monounsaturated Fat	5g
Cholesterol	55mg
Sodium	894mg
Carbohydrates	65g
Dietary Fiber	6g
Total Sugars	14g
Added Sugars	10g
Protein	23g
Potassium	486mg