Quick Pad Thai
Makes 6 servings

Ingredients:
6 oz. whole wheat thin spaghetti, cooked according to directions
1 teaspoon vegetable oil, divided
2 carrots julienne cut
1 cup kale, cut in thin slivers
1 cup onions, chopped
1 cup broccoli, chopped
1/2 red pepper, juienne cut
1/2 lb. boneless chicken breast, cut into bite sized pieces
1 egg + 2 egg whites OR 1/4 cup eggbeaters
2 tablespoons soy sauce, low sodium
1/4 cup water
1/4 cup peanut butter, unsalted
2 tablespoons sugar
1 teaspoons sesame oil or vegetable oil
1 tablespoon rice vinegar

Directions:
1. Chop carrots, onions, broccoli, red pepper and kale. Set aside.
2. Combine soy sauce, water, peanut butter, sesame oil or vegetable oil, vinegar, and sugar in a small bowl. Wisk until smooth and set aside.
3. Heat 1 teaspoon of oil in large skillet over medium-high heat. Add chicken pieces and cook and stir until no longer pink. Crack egg into a small bowl, add egg whites and beat. Add to pan with chicken and scramble until firm. Remove all from pan.
4. Add the vegetables to the pan adding additional oil if needed. Stir fry till tender crisp.
5. Return the meat and eggs to the pan. Add sauce mixture and pasta. Toss to coat. Serve.

Tips:
- Wash hands, cutting board and knife after handling raw chicken.
- Use bright colored veggies such as red pepper, broccoli and snap peas.
- Use either smooth or chunky peanut butter.
- Make your own light soy sauce by mixing equal parts water and regular soy sauce.

Source: Iowa State University Extension and Outreach.

Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.