

**Boston Medical Center
Nutrition Resource Center**

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263
Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Pad Thai

Makes 4 servings

This version of a classic Thai dish is not fried lowering the fat from 35 grams to just 10 grams! The fish sauce, made from fermented anchovies, can be found in the Asian section of most grocery stores. Add cooked beef, pork, chicken or tofu for extra protein.

Ingredients:

4 ounces brown rice noodles
2 cup thinly chopped cabbage – Nappa or bok choy
8 ounces sugar snap peas, strings removed
1 small red bell pepper, thinly sliced into 1 inch strips
½ cup thinly sliced celery
3 tablespoons peanut butter
2 tablespoons low sodium soy sauce
2 tablespoons water
1 tablespoon fresh lime juice
1 tablespoon fish sauce (optional)
4 scallions, sliced
½ cup chopped fresh cilantro
¼ cup chopped roasted peanuts

Directions:

1. Bring a large pot of water to a boil. Cook noodles according to package directions. During the last 2 minutes add the cabbage, sugar snap peas, celery, and red pepper. Drain and set aside
2. While noodles are cooking, in a small sauce pan, heat the peanut butter, soy sauce, water, fish sauce, and lime juice. Whisk to combine. Pour sauce into a large serving bowl.
3. Add the cooked noodle mixture and scallions to the sauce and toss.
4. Garnish with cilantro and chopped peanuts.

Nutritional Information per serving:

Calories: 317	Carbohydrates: 46g
Total Fat: 10g	Cholesterol: 0mg
Saturated Fat: 2g	Dietary Fiber: 7g
Sodium: 544 mg	Protein: 12g