

ASIAN VEGETABLE PASTA

6 quarts water
16 oz. uncooked angel hair pasta
2 pounds fresh asparagus, trimmed and cut into 1 inch pieces **OR** 2 pounds frozen asparagus spears, slightly thawed and cut into 1 inch pieces
1-1/2 cup julienned carrots
2/3 cup reduced fat creamy peanut butter
6 tbs. rice wine vinegar
6 tbs. reduced sodium soy sauce
4 tbs. brown sugar
1 tsp. crushed red pepper flakes
1/2 cup unsalted peanuts, chopped

In a Dutch oven, bring the water to a boil. Add pasta and asparagus; cook for 3 minutes. Stir in carrots; cook for 1 minute or until pasta is tender. Drain and keep warm.

In a medium saucepan, combine the peanut butter, vinegar, soy sauce, brown sugar and pepper flakes. Bring to a boil over medium heat, stirring constantly. Pour over pasta mixture and toss to coat. Sprinkle with peanuts.

Serves: 10