

# CRUNCHY SPAGHETTI SALAD

## INGREDIENTS

- Kosher salt
- 1/2 lb** Spaghetti
- 1 lb** Sugar snap peas
- 1 C** Vegetable oil
- 1/4 C** Rice wine vinegar
- 1/3 C** Soy Sauce **OR** Coconut Aminos
- 3 T** Sesame oil (dark)
- 1 T** Honey
- 2** Garlic (cloves) (minced)
- 1 t** Ginger (fresh) (grated)
- 3 T** Sesame seeds (white) (toasted) (divided)
- 1/2 C** Peanut Butter (smooth)
- 2** Bell Peppers (red) (cored) (seeded) (thinly sliced)
- 4** Scallions (white & green parts) (sliced diagonally)
- 3 T** Parsley (leaves) (fresh) (chopped)



## DIRECTIONS

- 1** Bring a large pot of salted water to a boil.
- 2** Add the spaghetti & cook according to package directions & drain & set aside.
- 3** Then bring another large pot of salted water to a boil & add the sugar snap peas, return to a boil & cook (3-5 minutes) until crisp & tender.
- 4** Lift the sugar snap peas from the water with a slotted spoon & immerse them in a bowl of ice water & then drain them.
- 5** For dressing, whisk the vegetable oil, rice wine vinegar, soy sauce or aminos, sesame oil, honey, garlic, ginger & 2 T sesame seeds in a medium bowl.
- 6** Combine the spaghetti, sugar snap peas, peppers & scallions in a large bowl.
- 7** Pour the dressing from the medium bowl over the spaghetti mix.
- 8** Add the remaining 1 T of sesame seeds & the parsley & toss together.

