

The Healthy Cook

Whether you make it spicy or not, this irresistible peanut dressing transforms simple (and healthy) ingredients into dishes that you'll want to dive right into. Spoon it over your favorite salad greens and crunchy veggies. Drizzle it over lettuce wraps filled with tofu or chicken. Or toss it with noodles, shredded cabbage, and bell peppers.

Peanut Dressing

 MAKES 15 TBS. (SERVES 5)

- 1/3 cup peanut butter
- 1/4 cup fresh lime juice
- 1/4 cup reduced-sodium soy sauce
- 1 Tbs. toasted sesame oil
- 2 tsp. brown sugar
- 1 red chili pepper, minced (optional, or serve on the side)

Whisk the ingredients together until smooth and glossy.



PER SERVING (3 Tbs.): calories 140 | total fat 11 g | sat fat 2 g | carbs 8 g | fiber 1 g | total sugar 4 g | added sugar 3 g
protein 5 g | sodium 530 mg

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Peanut Lettuce Wraps

 SERVES 1

- 3-4 medium lettuce leaves (leaf or butter lettuce)
- 3 oz. cooked tofu, tempeh, or chicken
- 1 cup crunchy vegetables (cucumbers, sweet bell peppers, radishes, carrots, and/or cabbage)
- 1 scallion, thinly sliced
- 3 Tbs. Peanut Dressing
- A lime wedge



1. Lay the lettuce leaves on a plate.
2. Top with the tofu (or tempeh or chicken).
3. Sprinkle with the crunchy vegetables and scallions.
4. Spoon the dressing over the lettuce leaves.
5. Serve with the lime wedge.

PER SERVING (entire recipe): calories 270 | total fat 16 g | sat fat 3 g | carbs 19 g | fiber 5 g | total sugar 8 g | added sugar 3 g
protein 16 g | sodium 580 mg

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Looking for a gluten-free option? Try brown rice noodles instead of whole wheat spaghetti. To cut about 200 calories, replace the spaghetti with a cup of spiralized zucchini.

Peanut Noodles



- 2 cups shredded green cabbage
- 2 oz. whole wheat spaghetti
- 3 Tbs. Peanut Dressing
- 1½ cups spiralized vegetables (carrots and/or cucumbers)
- ½ cup thinly sliced vegetables (radishes and/or sweet bell peppers)
- 2 oz. cooked shredded chicken, chopped tofu, or crumbled tempeh
- 1 Tbs. roasted peanuts



1. Bring a large pot of water to a boil. In a small strainer, dip the cabbage into the water to wilt. Remove and immediately rinse under cold running water. Drain well.
2. Cook the spaghetti in the large pot of boiling water until al dente, 8-10 minutes. Drain well.
3. Toss the spaghetti with the dressing.
4. Arrange all the ingredients on a plate or in a shallow bowl. Top the spaghetti with the peanuts.

PER SERVING (entire recipe): calories 580 | total fat 20 g | sat fat 4 g | carbs 72 g | fiber 14 g | total sugar 17 g | added sugar 3 g
protein 36 g | sodium 680 mg