MEAL PATTERN CONTRIBUTION: 2 OZ EQ GRAIN, 2 OZ EQ M/MA, ½ CUP DRK GREEN VEG, ½ CUP R/O VEG

YEILD: 16 SERVINGS

SERVING SIZE: 1 BOWL

**Sesame Noodle Bowl with Chicken**

**Entrée**

**Ingredients and Instructions**

**Spaghetti, Whole Grain 2 pounds**

**Sesame Oil 1 ½ Cups**

**Vinegar, white 1 Cup**

**Garlic 16 cloves**

**Ginger, fresh 4 Tbsp**

**Salt 4 tsp**

**Peanut Butter 2 Cups**

**Water 12-16 ounces**

**Sesame seeds 1 ½ Cups**

**Red Pepper Flakes 4 tsp**

**Chicken 2 Pounds**

**Carrot, shredded 8 Cups**

**Broccoli, finely chopped 8 Cups**

**1. Cook pasta according to instructions on package, set aside**

**2. In a food processor, combine sesame oil, vinegar, garlic, ginger, salt, peanut butter and water. Pulse until smooth, stir in sesame seeds and red pepper flakes.**

**3. Heat a large skillet with a little oil over medium heat. Add the chicken, sprinkle with salt and pepper. Saute until light golden brown. Add about a third of the sesame sauce to the chicken with a little water to thin it out. Finish cooking the chicken in the sauce. Let cool slightly and shred.**

**4. Toss your pasta in your remaining sesame sauce**

**5. Prepare your vegetables**

**EACH BOWL WILL CONTAIN 1 CUP OF COOKED PASTA, 2 OUNCES OF CHICKEN, 1 CUP OF VEGETABLES**