

Vegetable Pad Thai

Ingredients:

4 cups	cooked stir-fry rice noodles (according to package directions)
1 med.	onion, diced fine
1 clove	garlic, minced
1-14 oz. pkg	extra firm water packed tofu, drained, rinsed, squeezed, and cut into bite-sized pieces
dash	salt
1 tsp.	blackened seasoning
1 cup	small broccoli florets
1 cup	snow peas, cut at angle in thirds
½ cup	carrots, julienned



Sauce:

1 tsp.	Better than Bouillon No Chicken Base
2 Tbsp.	Bragg Liquid Aminos
1 tsp.	red curry paste
1 cup	water
¼ cup	Thai sweet chili sauce
½ tsp.	red pepper flakes
2 Tbsp.	fresh lime juice
½ cup	crunchy peanut butter

crushed peanuts for garnish
lime wedges

Directions:

Cook noodles according to package directions. Drain and set aside. For the sauce, combine all ingredients in a medium-sized saucepan. Bring to a simmer and cook for 1-2 minutes. Set aside.

Spray a large skillet with non-stick cooking spray. Over medium-high heat, sauté the onion and garlic until onion is clear. Place in a small bowl and set aside. Spray the pan with non-stick cooking spray. Add tofu and blackened seasoning. While sautéing, stir to coat tofu with seasoning. Continue to cook until all sides are seared. Add onions and garlic back to pan. Add pea pods and carrots and sauté over medium-high heat until vegetable are crunchy tender. Then add noodles and sauce. Mix well. Serve with fresh lime wedges and garnish with crushed peanuts.

For the sauce, combine all ingredients in a medium-sized saucepan. Stir until smooth and heat thoroughly. Set aside.

**Be careful not to overcook noodles*