



peanut sauce

1/3 cup smooth peanut butter
1 tablespoon soy sauce
1/2 cup water

optional:

1/4 teaspoon ground ginger
1/4 teaspoon garlic powder

1. Combine the peanut butter, soy sauce and spices in a small saucepan. Stir in the water.
2. Cook the peanut butter sauce over low heat, stirring often, until thickened, smooth and bubbly, about 2 minutes.
3. Let cool before serving.

Ways to eat peanut sauce:

- Toss with steamed green beans. Serve with rice.
- Serve as a dip with roasted green beans, pea pods, broccoli or carrots.
- Serve as a dip with chicken tenders.
- Toss with whole grain spaghetti noodles and steamed veggies.



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