

Veggie Pad Thai



INGREDIENTS

- 2 medium zucchini squash (spiraled)
- 2 small sweet potatoes (spiraled)
- 1 1/2 cup Kelp noodles
- 2 cups chopped kale
- 4 green onions
- 1/2 cup cilantro (chopped)
- 1/3 jalapeño pepper (chopped without seeds)
- 1/2 cup broccoli sprouts (to top off the Pad Thai)
- 1/2 cup red clover sprouts (to top off the Pad Thai)

Sauce

- 1/4 cup natural peanut butter
- 1/4 cup tahini
- 1/4 cup water
- 3 tbsp tamari (soy sauce)
- 3 tbsp pure maple syrup
- 1 tsp minced garlic
- 1 tsp minced Ginger
- Dash of salt
- Dash of red pepper flakes
- Juice from 1/2 lemon or lime
- 1/3 cup chopped peanuts for garnish

INSTRUCTIONS

1. Whisk all sauce ingredients together until thoroughly blended
2. Place in the refrigerator for 30 minutes to allow the flavors to come together
3. Rinse the Kelp noodles in cool water, let them sit for 10 minutes in the water while you prepare the vegetables
4. Prepare the vegetables and place in a large bowl (all except the sprouts)
5. Drain the Kelp noodles and place in the bowl with the vegetables (you may need to cut the noodles into smaller pieces before placing them in the bowl)
6. Pour the sauce over the vegetables and gently toss with tongs
7. Serve the Pad Thai in a bowl topped with the sprouts
8. Garnish with chopped peanuts
9. Makes 4 servings