

# Chicken Pad Thai

## Ingredients

1 pound chicken breast	2 medium carrots, spiralized (about 1 cup)
Freshly ground pepper	
1 TBS olive oil	1 cup cooked pad thai stir-fry noodles
1 TBS honey	1 cup bean sprouts
2 TBS chili garlic sauce	1 cup thinly sliced cabbage
3 TBS rice wine vinegar	1 lime, quartered
2 TBS low sodium soy sauce	1/4 cup unsalted peanuts, crushed
1 TBS peanut butter	2 TBS chopped cilantro
1/4 cup water	
1 medium zucchini, spiralized (about 1 cup)	

## Directions

1. Season chicken with pepper. Heat olive oil in large non-stick skillet over medium high heat and cook chicken until fully cooked and juices are clear. Remove chicken from pan and allow to rest for 5 minutes before slicing.
2. In small bowl, whisk together, honey chili garlic sauce, soy sauce, rice wine vinegar, peanut butter and water to make sauce.
3. Add zucchini, carrots, pre-cooked rice noodles and chicken to the pan, pour sauce over and toss to coat. Toss in beans sprouts and cabbage. Serve with lime wedges, crushed peanuts and cilantro.

\*Recipe courtesy of Kristina LaRue, RD, CSSD at [loveandzest.com](http://loveandzest.com)



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# No Bake Peanut Butter Energy Squares

## Ingredients

3 1/2 cups quick oats	1 cup honey
1/2 cup dried cranberries	1/2 cup brown sugar
1/2 cup chopped peanuts	1 cup peanut butter
1/2 cup butter	1 teaspoon vanilla

## Directions

1. In a bowl, mix together oats, cranberries and peanuts.
2. Melt butter in a large, heavy bottomed saucepan.
3. Mix in honey and brown sugar and bring to a boil over medium-high heat. Boil and stir for 1 1/2 minutes. Remove from heat.  
Working quickly, stir in peanut butter and vanilla until blended, then thoroughly mix in the oat mixture.
4. Spread the mixture evenly in a greased 9x13" pan. Allow to set before serving.

Makes about 2 dozen.



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