

# **Spaghetti with Almond Sauce and Vegetable Confetti**

**Serves 4 / Nuts and nut butters are rich in good monounsaturated fats, and vegetables in the dish contribute antioxidants and fiber. Using whole-grain noodles adds a heart-healthy dose of fiber. Ingredient tip: Look for chile-garlic sauce in the Asian section of your market.**

**1/3 cup freshly ground unsalted almond butter or bottled almond butter**

**2 tablespoons rice vinegar**

**1 1/2 tablespoons low-sodium soy sauce**

**1 tablespoon minced fresh ginger**

**1 1/2 teaspoons chile-garlic sauce**

**8 ounces thin whole-wheat spaghetti**

**1 cup frozen peas**

**1 1/2 cup grated carrot (large hole of a box grater)**

**1 1/2 cup thinly sliced green onion, divided**

**1/3 cup chopped fresh cilantro or mint**

**1/4 cup toasted sliced almonds**

**1/2 teaspoon sea salt**

**1. Combine almond butter, 1 tablespoon water, and next four ingredients (vinegar through chile-garlic sauce) in a large serving bowl; whisk to blend.**

**2. Bring a large pot of water to boil; add spaghetti and peas and cook for 8 minutes. Stir in carrots and continue cooking for 2 minutes or until spaghetti is tender. Drain and add spaghetti to bowl with**

**almond butter mixture. Toss to blend. Stir in 1 1/4 cups onion, cilantro or mint, almonds, and salt. Garnish with remaining 1/4 cup onions.**

***Courtesy of Dr. Catherine A. Hebert  
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