

## Senegalese Veggie Stew

Makes 16 servings

### Ingredients:

1 onion, chopped  
1 tablespoon olive oil  
2 cups winter squash or sweet potato, peeled and cut into chunks  
2 medium potatoes, cut into chunks  
1 large carrot, cut into chunks  
1 small bunch of greens (kale, collards or turnip greens), chopped  
1/4 teaspoon cayenne  
1 cup tomato sauce  
1 to 1 1/2 cups water  
3/8 cup smooth peanut butter (6 tablespoons)  
Salt to taste

### Directions:

1. Sauté onion in oil for a few minutes.
2. Add remaining vegetables one at a time, sautéing each for a few moments before adding the next.
3. Add cayenne, tomato sauce and water. Simmer until vegetables are tender.
4. Mix some of the broth with the peanut butter and add to the vegetables and cook another 10 minutes.
5. Taste for seasoning and add salt if desired. Serve over brown rice.

Nutrient analysis per serving: Calories 93, Protein 3 grams, Carbohydrate 12 grams, Fat 4 grams, Sodium 123 milligrams, Fiber 2 grams

Source: *Cooks.com*



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## Easy Peanuty Noodle Bowl

Makes 6 servings

### Ingredients:

½ cup peanut butter

2 tablespoons low-sodium soy sauce

1 teaspoons garlic, minced

2 cups frozen vegetables, such as broccoli, snow peas and red pepper

1 cup boiling water

½ pound whole wheat spaghetti, uncooked

1 tablespoon toasted sesame seeds (optional)

### Directions:

1. Mix the peanut butter, soy sauce and garlic until smooth in a medium bowl.
2. Meanwhile, cook spaghetti according to package directions.
3. Add frozen vegetables to spaghetti water 1 to 2 minutes before the spaghetti is done.
4. Drain spaghetti and vegetables and put in a large bowl.
5. Mix boiling water into peanut butter mixture and then add to the pasta, tossing well to coat. Sprinkle with sesame seeds if desired. Serve warm or chilled.

Nutrient analysis per serving: Calories 305, Protein 14 grams, Carbohydrate 36 grams, Fat 12 grams, Sodium 268 milligrams, Fiber 4 grams



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## **Peanut Butter Balls**

Makes 15 balls

### Ingredients:

½ cup peanut butter

6 graham crackers, finely crushed

1 teaspoon vanilla

Dash of cinnamon (optional)

### Directions:

1. Mix together peanut butter, graham cracker crumbs and vanilla until well blended. Add cinnamon if desired.
2. Roll into 1-inch balls and place on a tray in freezer for 1 hour or until ready to eat.

Nutrient analysis per serving: Calories 78, Protein 2 grams, Carbohydrate 6 grams, Fat 5 grams, Sodium 66 milligrams, Fiber 1 gram



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