

Spicy Peanut Vegetables

Makes: 4 Servings

Peanut butter can be used in sauces, dips, soups, and stews. This Spicy Peanut Vegetable recipe uses creamy peanut butter.

Ingredients

1 tablespoon peanut butter
2 tablespoons lite sodium soy sauce
1 tablespoon sugar
1 tablespoon lemon juice
1/2 cup water
1/2 teaspoon red pepper flakes
nonstick cooking spray
1 onion (sliced)
1 green pepper (sliced)
3 carrots (sliced)
1 zucchini (sliced)

Directions

1. Combine peanut butter, soy sauce, sugar, lemon juice, water, and red pepper in a bowl, stirring to combine.
2. Spray a large saucepan with nonstick cooking spray. Over medium heat, cook onion until soft, stirring once in awhile.
3. Add green pepper, carrots, and zucchini, and cook until soft.
4. Pour sauce over vegetables and cook 1 minute.
5. Serve while hot or refrigerate.