

sesame-shrimp noodles with fresh vegetable toppings

4 servings

8 Weight Watcher's Plus Points per serving

Place **2 tablespoons sesame seeds** in a small skillet over low heat and toast, stirring occasionally, for several minutes until light brown. Remove from heat; pour into a small bowl and place on table. Chop **1/4 cup plain peanuts**, scoop into another small bowl, and place on table.

Pour **2 tablespoons canola oil** into the skillet over low heat and add **1 tablespoon each minced ginger and garlic**. Cook a minute or two or just until garlic begins to color. Remove from heat and set aside.

Bring 5-6 quarts of **salted and peppered water** to boil for the pasta. While it heats, chop **1/2 cup each bok choy, fresh cilantro, scallions (green onions), and cucumber**. Chop all of one **red bell pepper**. **Cut a lime into wedges**. Place the vegetables and the lime wedges side by side in a large bowl or in separate small bowls and put them on the table by the sesame seeds and peanuts.

To the by now boiling water, add **one pound whole wheat linguine** (I like Whole Foods 365 brand best) and cook for about 7 minutes. Stir in **3/4 pound (12 ounces) fresh peeled and deveined shrimp, a cup each of stringed+ fresh snow peas and chopped fresh asparagus** and cook for 2-3 minutes until shrimp is firm and pink and noodles are nearly tender.

Drain pasta, shrimp, asparagus and peas. Pour back into the pot and, while hot, stir in garlic-ginger oil, a generous pinch of **crushed red pepper, 1/4 teaspoon each kosher salt and fresh ground pepper, 1/4 cup soy sauce and 1 tablespoon + 1 teaspoon sesame oil, 1 teaspoon of Sriracha, and the juice of one lime**. Taste and adjust seasonings, adding more

Sriracha, soy sauce, sesame oil, or lime, if needed. Serve warm, at room temperature, or cold in shallow pasta bowls; pass fresh vegetables, extra lime slices, soy sauce, and chopped peanuts so that guests can add what they'd like at the table.

Cook's Notes:

+Destranging snow peas If you don't destrangle your snow peas, you'll be flossing (without meaning to) during dinner.

If you have a vegan or vegetarian in your group, cook the shrimp separately and place it in a separate bowl on the table. You could add sauteed tofu, if desired, or 2 -3 tablespoons peanut butter to the soy sauce mixture.

If you have leftover cooked chicken, you can add sliced chicken with the garlic-ginger oil instead of cooking shrimp with the noodles.

Vegetables are very interchangeable; please add what you have or you like. For instance, julienned carrots could be used instead of asparagus or sliced celery in place of the snow peas.

Copyright Alyce Morgan, 2013 moretimeatthetable.com