Asian Noodle Bowl with Spicy Almond Sauce

- ¼ cup sliced almonds
- ¾ pound whole-wheat spaghetti
- ½ head broccoli (about ¾ pound), tops cut into flowerets, stems peeled and sliced thinly
- 2 cups (4 ounces) of snow peas, trimmed
- 1 red bell pepper, cut into 1 in pieces
- ½ cup unsalted almond butter
- ¼ cup reduced sodium soy sauce
- 3 tablespoons fresh lime juice
- 2 tablespoons brown sugar
- 1 tablespoon chili-garlic sauce (sriracha)
- 1 scallion, green part only (3 tablespoons)
- Optional – Add edamame for extra protein

Bring a large pot of water to a boil. Toast the almonds in a dry skillet over medium heat, stirring frequently, until they are golden, about 3 minutes.

Cook the pasta according to the directions on the package. Three minutes before the pasta is ready add the broccoli to the pasta pot. One minute before it is ready add the snow peas and red peppers to the pot.

While the pasta is cooking make the sauce. Place the almond butter, soy sauce, lime juice, brown sugar, and chili-garlic sauce and 3 tablespoons of boiling water (from pasta pot) into a large bowl and whisk until smooth.

Drain the noodles and vegetables, return them to the pasta pot, add the sauce and toss to coat. Serve garnished with the toasted almonds and scallion greens.