Quick Healthy Meal

Thai Pork & Noodles
Spinach Salad
Fresh Pear
Wheat Bread
Milk

30 minutes before serving:
• Wash hands
• Put pot of water on to boil for pasta
• Wash carrot and green onions; shred and slice.

20 minutes before serving:
• Cook pasta in boiling salted water (check boiling time on package directions)
• Brown meat in a skillet on top of stove
• Remove spinach from refrigerator; wash and tear (or just remove it from the bag if it is prewashed).

10 minutes before serving:
• Heat peanut butter, soy sauce, water and meat
• Wash pear, core and slice.

5 minutes before serving:
• Put out bread and milk
• Toss noodles with meat sauce
• Put dressing on spinach salad.

Thai Pork & Noodles
Serves 4

8 oz uncooked pasta (try whole wheat spaghetti)
1/2 pound ground pork (or other lean ground meat)
1/4 cup chunky style peanut butter
1/4 cup soy sauce and 1/4 cup hot water
1 carrot, shredded
2 green onions, thinly sliced

• Cook pasta according to package directions, drain
• Brown ground pork in a skillet
• Blend peanut butter, hot water, and soy sauce
• Combine meat, sauce mixture and pasta; top with carrot and green onions.