

# ONE BITE

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*Vegan Magazine*

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VEGAN EATS  
IN LISBON,  
PORTUGAL



VEGAN  
JERKY UP  
FOR GRABS  
*from*  
VITAL EATS



VEGAN  
SALAD RECIPES  
*that* DON'T SUCK!



VEGAN  
ICE CREAM  
& POPSICLE  
RECIPES



SUMMER FRUIT  
» Recipes «

FOOD THAT  
LOVES YOU!

*Fermentation 101*

+ RECIPES

*Reviewed: MODERN RAW COOKBOOK + YOUR CHANCE TO WIN A COPY*





# ASIAN PASTA SALAD

## with peanuts

By Cindy Rainey

This Asian Pasta Salad is made with angel-hair pasta, peanuts, cilantro, red peppers, edamame and green onions. You'll get all the great Asian flavors with sesame oil, soy and teriyaki sauce. Crushed red pepper flakes add just a kick of heat.

### INGREDIENTS

- ¼ cup avocado oil
- ½ cup sesame oil
- 1½ teaspoon crushed red pepper flakes
- ½ cup agave liquid
- ⅓ cup soy sauce low sodium
- ⅓ cup teriyaki sauce
- 16 ounces angel hair pasta
- ¾ cup red bell pepper diced
- 1 cup shelled edamame if frozen, thaw
- 1 bunch cilantro chopped
- ½ cup green onions chopped
- 1 cup cocktail peanuts dry roasted and salted
- toasted sesame seeds sprinkled on top

PREP TIME:  
15 minutes

COOK TIME:  
10 minutes

TOTAL TIME:  
25 minutes

SERVINGS:  
8

CALORIES:  
570 kcal

### INSTRUCTIONS

1. Combine oils and crushed red pepper flakes and heat over low heat for about 5 minutes. You can strain out the red pepper flakes if you are sensitive to a little extra heat. Leave them in for full flavor. Set aside in the refrigerator while prepping other steps.
2. Combine agave, soy sauce, and teriyaki sauce. Set aside in the refrigerator while prepping other steps.
3. Cook pasta according to package directions. Do not overcook! Remove from heat, drain, and run under cold water. Set aside.
4. While water is boiling you can get started on the vegetables. (Just watch your time if the pasta has started boiling. If only takes 3 minutes.) Dice red bell pepper. Chop green onions, and cilantro. Set aside.
5. Add cooked cooled pasta, chopped peppers, edamame, cilantro, green onions, and peanuts to a large bowl.
6. Pour cooled oil mixture and soy sauce/teriyaki mixture on top. Toss together.



Cindy Rainey —

Cindy is a mom, a teacher, and a lover of plant-based vegan recipes at [veggiefunkitchen.com](http://veggiefunkitchen.com). Her goal is to empower and educate other vegans (and non-vegans) on how to create real, delicious vegan food.

Website: [veggiefunkitchen.com](http://veggiefunkitchen.com)

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