

Recipes Using Peanut Butter



Thai Chicken Salad

You will need:

$\frac{1}{4}$ cup creamy peanut butter	$\frac{1}{4}$ cup reduced sodium soy sauce	2 tbsp. packed brown sugar
2 tbsp. sesame or vegetable oil	2 tbsp. rice vinegar	1 tsp. ground ginger
dash of ground red pepper	1 clove garlic, finely chopped	3-pound deli roasted chicken
4 cups shredded lettuce	$\frac{1}{2}$ cup chopped fresh Italian parsley	$\frac{1}{2}$ cup dry roasted peanuts
8 medium green onions, thinly sliced	1 package (6 ounces) wide chow mein noodles	

Instructions

- In a small bowl, mix all sauce ingredients with a wire whisk until smooth.
- Remove chicken from bones and cut into bite size pieces, about 3 cups.
- In a large bowl, toss lettuce, chicken, parsley and onions. Place mixture on a large serving plate.
- Arrange noodles around edge of plate. Sprinkle peanuts over lettuce mixture. Drizzle sauce over salad.

Peanut Butter Apple Salad

You will need:

$\frac{1}{4}$ cup creamy peanut butter	6 oz. fat free vanilla yogurt	6 ounces pineapple juice
1 tbsp. mayonnaise	4 large apples	$\frac{1}{3}$ cup golden raisins
$\frac{1}{4}$ cup dry roasted peanuts, coarsely chopped		

Instructions:

- In a large bowl, whisk together yogurt, peanut butter, pineapple juice and mayonnaise.
- Core and cube apples. Toss apples and raisins into dressing until fully coated.
- Garnish with chopped nuts before serving.

Peanut Butter Chicken

You will need:

$\frac{1}{4}$ cup peanut butter	1 $\frac{1}{2}$ lb. chicken breasts chopped into bite size pieces
3 tbsp. corn starch	$\frac{1}{4}$ cup Hoisin sauce or teriyaki sauce
3 tbsp. soy sauce	1 clove garlic, minced
$\frac{1}{2}$ cup water	1 tsp. sesame oil
2 tbsp. oil to fry	

Instructions:

- In a small bowl, add chicken and cornstarch and toss until coated.
- In a mixing bowl, whisk together the peanut butter, hoisin sauce, soy sauce, sesame oil, minced garlic and water.
- Add the oil into a non-stick pan and place it over medium heat.
- Once hot, add the chicken and cook for 5-6 minutes until no longer pink.
- Add the sauce and mix until chicken is coated. Cook for 4-5 minutes until the sauce has thickened.
- Remove from heat and sprinkle with sesame seeds and green onions.

Peanut Butter Bread

You will need:

$\frac{3}{4}$ cup creamy or crunchy peanut butter	$\frac{2}{3}$ cup honey	2 eggs
1 cup buttermilk	$1\frac{3}{4}$ cup flour	$1\frac{1}{4}$ tsp. baking powder
$\frac{1}{2}$ tsp. baking soda	$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup chopped peanuts, optional

Instructions:

- Preheat oven to 325 degrees. Grease a 9 x 5-inch loaf pan with cooking spray.
- In a large bowl, combine peanut butter and honey.
- Add eggs and buttermilk, stirring to completely combine. In another bowl, combine the dry ingredients.
- Mix dry ingredients into the peanut butter mixture and stir until just combined. Don't overmix.
- Pour or spoon the batter into the prepared pan. If using peanuts, scatter them on top of batter.
- Bake at 325 degrees for about 50 - 60 minutes, until a toothpick inserted in the center of bread comes out clean.
- Cool on rack for about 10 minutes and take out of pan. Cool.
- Substitute for buttermilk:
Mix 1 tbsp. vinegar with 1 cup milk and let sit for about 10 minutes.
- Substitute for honey:
Use light corn syrup.

African Peanut Soup

You will need:

$\frac{2}{3}$ - 1 cup crunchy peanut butter	2 tbsp. olive oil	2 medium onions, chopped
2 large red bell peppers, chopped	8 cups vegetable broth or stock	4 cloves garlic, minced
1 (28 oz.) can crushed tomatoes, with liquid	1 tsp. ground pepper, to taste	1 cup uncooked rice
1 tsp. chili powder, to taste, optional		

Instructions:

- Heat oil in a large pot over medium-high heat. Add bell peppers and onions.
- Cook and stir until tender. Stir in garlic and cook until fragrant, about 1 minute.
- Stir in vegetable stock, tomatoes, pepper and chili powder.
- Reduce to low heat and simmer, uncovered, for 30 minutes.
- Stir in rice; cover and simmer until rice is tender, about 15 minutes.
- Stir in peanut butter until well blended. Serve.

Peanut Butter Bars

You will need:

$1\frac{1}{2}$ cup peanut butter	$1\frac{1}{2}$ cup crushed graham crackers	2 sticks margarine, melted
3 $\frac{1}{2}$ cups powdered sugar	1 (12 oz.) bag chocolate chips	

Instructions:

- Mix together peanut butter, crushed graham crackers, melted margarine and powdered sugar.
- Press mixture into a 9 x 13-inch pan. Melt 12 oz. package of chocolate chips.
- Spread melted chocolate chips on top of the crushed graham cracker mixture.
- Before cutting, refrigerate for 1 hour or until shine leaves the chocolate topping.
- Keep refrigerated.