



*Come explore the wonderful flavors of THAI food . . .*

### **Mango Pineapple Noodle Salad**

A spaghetti salad studded with tropical fruit, cashew nuts, and aromatic basil.

#### **Ingredients**

Spaghetti	6 oz.
Mango, diced	1 Large
Fresh pineapple, cubed	1 ½ cup
Red bell pepper, chopped	1
Cucumber, peel, seeded, chopped	1
Scallions, chopped	2
Roasted cashew nuts	¼ cup
Fresh basil, thinly sliced	¼ cup
Lime juice	2 TBS
Rice vinegar	1 TBS
Sugar	2 tsp
Fish sauce	2 TBS

Cook spaghetti according to the instruction on the package.

In a large bowl, combine the spaghetti, mango, pineapple, pepper, cucumber, scallions, cashews, and basil; toss well. In a separate bowl, combine the lime juice, vinegar, sugar, and fish sauce. Pour over the spaghetti mixture and toss to combine. Taste and adjust flavor to suite your palate with lime juice, sugar, and fish sauce.

#### **Nutrition Information**

Make 4 servings

Per serving:

Calories	293
Protein	9 g
Carbohydrates	59 g
Total fat	5 g
Saturated fat	1 g
Cholesterol	0 mg
Dietary fiber	9 g
Sodium	440 mg

#### **Resistant starch**

A nutrient occurs naturally in many high carbohydrates favorites, though sometimes only after they have been cooked and cooled. When this resistant starch reaches the large intestines, it gets fermented. This process creates beneficial fatty acids, including one called butyrate. Butyrate can block the body's ability to burn its preferred source of fuel, carbohydrates. When the liver is prevented from using carbohydrates as fuel, the body turns to stored body fat instead. Sources of resistant starch; pasta (cooked & cooled), brown rice (cooked & cooled), corn, banana (slightly green), beans, potatoes (cooked & cooled), Oatmeal (cooked), just to name a few.

References: 1. Prevention, Fiber Up Slim Down Cookbook, 2008  
2. Higgins, Janine, Ph.D., food scientist, University of Colorado Denver

6551 E. Riverside Boulevard, Rockford, Illinois 61114 • 815-637-1188 • [www.thaicuisine-rockford.com](http://www.thaicuisine-rockford.com) or [www.thaicooking-usa.com](http://www.thaicooking-usa.com) • Rev. 1.0 7/9/2008.