

Garlic Peanut Noodles

Maintenance/Treatment to be mixed into your garlic noodles: Peanuts

Optional: Other nuts/ crushed sesame seeds (if using for maintenance)

Ingredients:

- 8 ounces of dried pasta noodles (long or short pasta; choose noodle to your liking)
- 4 tablespoons butter (if dairy allergic, please use vegan alternatives)
- 2 garlic cloves, minced
- Salt and ground black pepper, to taste
- Olive oil
- ½ cup parmesan cheese (if dairy allergic, substitute with dairy-free parmesan)
- Optional: chopped parsley
- Maintenance/treatment food: peanuts.
- Optional for maintenance: other maintenance nuts/seeds



Instructions:

1. Bring a large pot of salted water to a boil. Add pasta to boiling water and cook pasta according to package directions until al dente. Reserve about $\frac{3}{4}$ cup of pasta cooking water. Drain the pasta and set aside.
2. In a skillet large enough to hold the pasta, melt 3 tablespoons of butter over low heat. Add garlic and saute lightly, stirring frequently.
3. Add the cooked pasta to the skillet and toss with kitchen tongs.
4. Stir in parmesan cheese and toss so the cheese melts. Add some of the pasta water (a couple of spoonfuls at a time) and the remaining tablespoon of butter
5. Toss and add more pasta cooking water until the pasta is glossy and coated.
6. Season with salt, ground black pepper, and chopped parsley, then stir.
7. Portion out your pasta to be served as maintenance or treatment dosing
8. Add your peanuts to the noodles and mix in.
9. **Optional:** add your crushed sesame seed and other maintenance nuts.

Storage:

- Portion out the pasta for the week and store in the fridge for 5-7 days.

Please carefully review the ingredients listed above. It is your responsibility to ensure that your child can safely enjoy any of our Southern California Food Allergy Recipes or other food-related documents. Each child in our program has a unique allergic profile and is at a different stage in their journey to food freedom. Use good judgment. If your child has not yet been cleared to consume the foods listed above then choose another recipe or substitute accordingly.

This Recipe Contains The Following Top 8 Allergens As Primary Ingredients: peanuts, milk