

Chicken Lo Mein



Smart Cuisine

4 servings

Ingredients	Directions
2.5 oz Snow pea pods 2.5 oz Carrots cut in strips 2.5 oz Red Bell Pepper cut in strips 2.5 oz Yellow Onion cut in strips 2.5 oz Bok Choy Cabbage, cut in strips 2.5 oz Mushrooms sliced 8 oz Dry Lo Mein Noodles 2.5 Tbsp Vegetable oil 2 tsp Garlic, minced 2 tsp Ginger, minced 1 – 2 Tbsp Green Onion, sliced thinly 1 lb cooked pulled chicken 1 cup Lo Mein Sauce	Cut or slice vegetables in strips. Cook Lo Mein noodles according to package. Heat oil in a wok and add garlic, ginger, and green onion. Stir-fry for 10 -15 seconds or until aroma is evident. Do not brown. Add vegetables stir-fry for 30 -40 seconds or until tender. Stir in chicken, stir-fry for 30 -45 seconds. Add noodles, toss for 5 – 10 seconds. Add sauce with one hand while stirring with the other. Toss for 10 to 20 seconds or until desired temperature. Serve Immediately.

Chef Tips:

The vegetables listed can easily be exchanged with others such as broccoli or reduced in variety. Aim for a total of 15 oz of vegetables for this portion.

Nutrition Facts per serving – 380 calories, 7g Fat, 1.5g Sat. Fat, 0g Trans Fat, 100g Cholesterol, 820mg Sodium, 47g Carbs, 2g Fiber, 4g added sugar, 32g Protein.