

Noodles with Veggies, Chicken and Ginger

Serves: 4

Ingredients

1 (10 oz.) package whole-wheat angel hair pasta	2 stalks celery, cut into ¼ inch thick pieces
2 tsp toasted sesame oil	2 tsp grated fresh ginger
2 Tbsp rice vinegar	½ lb boneless, skinless chicken breast, cooked and sliced
1 Tbsp plus 2 tsp reduced-sodium soy sauce, divided	¼ cup chopped green onion (for garnish)
1 tsp canola oil	
2 medium carrots, cut into ¼ inch thick coins	

Directions:

Prepare the noodles according to the package directions. Meanwhile, mix the sesame oil with the vinegar and one tablespoon of soy sauce. Toss the sauce with the noodles, coating well. Set aside.

Heat the canola oil in a medium-sized nonstick sauté pan. Add the carrots, celery and ginger. Stir the vegetables frequently and add the remaining soy sauce. Cook until slightly tender. Add the cooked chicken breast and stir until heated through.

Top the noodles with the sautéed chicken and vegetables. Garnish with chopped green onion.

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Per Serving: 410 calories, 7 g total fat (1 g saturated fat), 59 g carbohydrates, 27 g protein, 8 g dietary fiber, 330 mg sodium.