

Chicken Chow Mein

Recipe of the Month June - 2015



Serve this wholesome all-in-one Asian-inspired meal with orange or apple slices, grapes or melon cubes.

Prep Time: 10 Min

Start to Finish: 8 Hrs. 25 Min

Makes: 4 servings

INGREDIENTS

8 boneless skinless chicken thighs (about 1 1/2 lb.)	2 tablespoons reduced-sodium soy sauce
1 tablespoon vegetable oil	1/2 teaspoon finely chopped gingerroot
2 medium carrots, sliced diagonally (1 cup)	2 tablespoons cornstarch
2 medium stalks celery, coarsely chopped (1 cup)	3 tablespoons cold water
1 medium onion, chopped (1/2 cup)	1 cup sliced fresh mushrooms (3 oz.)
2 cloves garlic, finely chopped	1 cup snow (Chinese) pea pods
1 can (8 oz.) sliced water chestnuts, drained	Chow mein noodles, if desired
1 cup reduced-sodium chicken broth	

DIRECTIONS

1. Remove fat from chicken. Cut chicken into 1-inch pieces. In 10-inch skillet, heat oil over medium-high heat. Cook chicken in oil about 5 minutes, turning once, until brown.
2. In 3 1/2- to 6-quart slow cooker, place carrots, celery, onion, garlic and water chestnuts. Add chicken. In small bowl, mix broth, soy sauce and gingerroot; pour over chicken.
3. Cover and cook on Low heat setting 6 to 8 hours.
4. In small bowl, mix cornstarch and water until smooth; stir into chicken mixture. Stir in mushrooms and pea pods. Increase heat setting to High. Cover and cook 15 minutes. Serve over noodles.



Recipe Provides: Fats & Oils 1tsp, Meat & Beans 5oz-equivalents, Vegetables 1 1/2c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Total Fat:	17 g	Saturated Fat:	5 g
Calories:	390	Calories from Fat:	150	Carbohydrates:	21 g
Cholesterol:	105 mg	Dietary Fiber:	3 g	Sodium:	550 mg
Sugars:	4 g	Protein:	39 g		



Recipe adapted from www.eatbetterearly.com