



So Low Mein with Chicken



1/4th of recipe (about 1 1/2 cups): 177 calories, 1.5g total fat (<0.5g sat. fat), 925mg sodium, 21.5g carbs, 6g fiber, 7g sugars, 18g protein

Prep: 15 minutes **Cook:** 15 minutes



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Ingredients

3 bags House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute
1/4 cup reduced-sodium/lite soy sauce
1 tbsp. cornstarch
1 tbsp. granulated white sugar
2 tsp. chicken-flavored powdered consommé
One 12-oz. bag frozen stir-fry vegetables
8 oz. raw boneless skinless chicken breast, cut into strips
1 cup bean sprouts
1/2 cup chopped mushrooms
1/2 cup thinly sliced zucchini
1/2 cup chopped scallions
1/4 cup shredded carrots

Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

To make the sauce, in a medium bowl, combine soy sauce, cornstarch, sugar, and consommé. Add 1/2 cup hot water and stir until cornstarch dissolves.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add all ingredients except noodles and sauce. Cook and stir for 5 to 7 minutes, until chicken is cooked through and all veggies are hot.

Add sauce and cook and stir until thickened, about 3 to 4 minutes.

Add noodles and cook and stir until well mixed and hot, about 2 minutes. Serve and enjoy!

MAKES 4 SERVINGS

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