

Stir-fry With Chicken and Noodles

November 2022 Recipe



Makes: 10 servings

Ingredients

4 cups water
2 packages of ramen-style noodles
2 boneless skinless chicken breasts (cut into strips)
¼ cup peanut butter
2 Tbsp. soy sauce
½ cup water
1 Tbsp. vegetable oil
1 tsp. red pepper flakes
1 tsp. fresh ginger (finely chopped)
2 carrots (thinly sliced)
½ head cabbage (thinly sliced)
¼ cup green onion (thinly sliced)

Nutritional information for 1 serving

Calories	165
Total fat	8 g
Saturated fat	2 g
Cholesterol	17 mg
Sodium	589 mg
Carbohydrate	15 g
Dietary fiber	2 g
Total sugars	3 g
Added sugars included	0 g
Protein	9 g

Directions

1. Bring 4 cups water to boil in a 2- to 3-quart saucepan. Add noodles, cover and remove from heat (do not add ramen flavor packets). Wait one minute, drain noodles and set aside.
2. In a small saucepan, combine peanut butter, soy sauce and ½ cup water. Heat over low heat, stirring until smooth. Remove from heat.
3. Heat oil in a large skillet over medium-high heat (or 350 F in an electric skillet). Add chicken and cook until no longer pink when cut, about three to five minutes.
4. Add red pepper, ginger and carrots and cook for two to three minutes. Add cabbage and cook three to four minutes or until cabbage is crisp-tender.
5. Stir in green onion, cooked noodles and peanut sauce. Toss and serve right away.