

Healthy Children, Healthy Family

Chicken Chow Mein



Makes: 8 portions (1 cup each)

Preparation time: 45 minutes

Ingredients:

- 8 oz of angel hair noodles
- ½ lb chicken breast, cut in thin strips
- 1 cup grated carrot
- 2 cups sliced celery
- 2 cups onion, in cubes
- 5 cups grated cabbage
- 1 Tbsp low-sodium soy sauce
- 2 Tbsp water
- ½ tsp brown sugar
- 2 pieces garlic, crushed
- 2 tsp ginger, grated
- 2 Tbsp vegetable oil

Instructions:

- 1) Heat 1 Tbsp oil in skillet. Stir fry chicken at high heat. Set aside.
- 2) Add noodles to pan with boiling water. Cook for 5 minutes.
- 3) In a small bowl, mix the soy sauce, brown sugar, water, garlic and ginger.
- 4) Heat the oil in a skillet. Cook the celery and onion at medium until tender. Add the cabbage. Cook a few minutes.
5. Lower the heat and add the noodles and chicken. Add the soy sauce. Stir until hot.



Nutrition Facts

Serving Size (202g)		Servings Per Container	
Amount Per Serving			
Calories 190	Calories from Fat 20		
% Daily Value*			
Total Fat 2.5g			4%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 15mg			5%
Sodium 230mg			10%
Total Carbohydrate 31g			10%
Dietary Fiber 3g			12%
Sugars 6g			
Protein 11g			
Vitamin A 60%		Vitamin C 40%	
Calcium 4%		Iron 6%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300 mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	Carbohydrate 4	Protein 4

My Family's Goal: We will try our best to
