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 quickly at high heat. Set aside**.**

2) Add noodles to pan with boiling water. Cook for 5 minutes on low heat.

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.

5) Add the cabbage. Cook a few minutes.

6) Lower the heat and add the noodles and chicken. Add the soy sauce. Stir until hot. Serve.

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

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