



Sesame Noodles with Broccoli and Chicken

Serving Size 1 cup

Yield: 8 servings

Ingredients:

- 8 ounces whole wheat spaghetti noodles
- 2 tablespoons sugar
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1/4 cup vegetable oil
- 12 ounces frozen broccoli
- 1 tablespoon minced garlic
- 1 1/2 cups cooked, diced chicken breast
- 1 tablespoon toasted sesame seeds

Directions:

1. Cook pasta according to package directions. Set aside.
2. Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
3. Heat oil in large sauté pan or skillet. Add garlic and broccoli, and cook on medium until soft.
4. Add chicken and cook until heated through.
5. Add pasta and soy sauce mixture, and mix well. Sprinkle sesame seeds on top.
6. Refrigerate leftovers within 2 hours.

Notes:

Substitute diced tofu or a can of drained garbanzo beans for chicken.

No broccoli? Use peas, green beans, or mixed veggies.

Flavor boosters: red chili flakes, sliced green onions, and/or a teaspoon of sesame oil.

Nutrition Facts: Calories, 240; Calories from fat, 80; Total fat, 9g; Saturated fat, 1.5g; Trans fat 0g; Cholesterol, 20mg; Sodium, 520mg; Total Carbohydrate, 28g; Fiber, 4g; Protein, 13 g; Vit. A, 0%; Vit. C, 25%; Calcium, 2%; Iron, 15%.

Source: Oregon State University Extension

