

Chicken Lo Mein

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Servings: 5

Preparation Time: 10 minutes

Start to Finish Time: 20 minutes

3 tablespoons cornstarch

3/4 cup chicken broth

1/2 cup reduced-sodium teriyaki marinade & sauce

2 teaspoons sesame oil

2 teaspoons garlic, chopped

2 teaspoons fresh ginger, chopped

1 package (8 oz) wide lo mein noodles

1 pound chicken tenders

2 tablespoons oil

3 cups broccoli florets

4 ounces sugar snap peas

1 red bell pepper, cut in 1-inch pieces

3 scallions, sliced

In a small bowl, stir one tablespoon of the cornstarch, the chicken broth, teriyaki sauce, sesame oil, garlic and ginger until blended. set aside.

Cook the noodles as the package directs in salted boiling water. Drain.

Meanwhile, cut the chicken diagonally into 1/4-inch slices. Place the slices with the remaining cornstarch in a large zip-top bag. Seal the bag and shake until evenly coated.

Heat one teaspoon of oil in a large nonstick skillet over medium-high heat until hot but not smoking.

Add the chicken. Stir-fry for 4 minutes or until lightly browned and cooked through. Remove to a serving platter.

Heat the remaining one tablespoon of oil in the same skillet. Stir-fry the broccoli, sugar snap peas and red pepper for 5 minutes or until crisp-tender.

Stir the sauce to reblend. Add to the skillet and cook for 30 seconds or until thickened.

Stir in the chicken and noodles.

Sprinkle with the scallions.

Per Serving (excluding unknown items): 212 Calories; 8g Fat (35.0% calories from fat); 23g Protein; 12g Carbohydrate; 3g Dietary Fiber; 45mg Cholesterol; 290mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat.