

Food is Health • Community Recipe Challenge

Sesame Noodles with Chicken

Ingredients

- 8 ounces whole-wheat spaghetti
- 3 tablespoons toasted (dark) sesame oil
- 2 scallions, chopped
- 1 tablespoon minced garlic
- 2 teaspoons minced fresh ginger
- 1 teaspoon brown sugar
- 2 tablespoons reduced-sodium soy sauce
- 2 tablespoons ketchup
- 8 ounces cooked skinless chicken breast, shredded
- 1 cup julienned carrots
- 1 cup snap peas (whole or sliced)
- 3 tablespoons toasted sesame seeds



Recipe from [eatingwell.com \(adapted\)](https://www.eatingwell.com/recipe/7843001/sesame-noodles-with-chicken/)



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Instructions

1. Cook spaghetti in a pot of boiling water per package directions. Drain, rinse until spaghetti is cold, shake to drain well, and transfer to a large bowl.
2. Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle and cook for 15 seconds.
3. Remove from heat and stir in soy sauce and ketchup. Add sauce to the noodles with the chicken, carrots, snap peas and sesame seeds.
4. Gently toss to combine.

Options & Tips:

- Use pre-shredded carrots and pre-cooked & shredded chicken to save on time
- Spaghetti Substitutes: 100% buckwheat soba noodles (cook according to package directions). Buckwheat is a protein-rich, gluten-free grain that can help lower cholesterol and blood sugar levels. Or, swap in 5 cups of raw, spiralized zucchini or other veggie "noodles" for the cooked pasta
- To make ahead, refrigerate sauce and noodle mixture separately for up to 1 day; toss together before serving

Nutrition Information per Serving Serves 4

<u>Calories</u>	460
<u>Protein</u>	29g
<u>Carbohydrates</u>	53g
<u>Total Fat</u>	17g
<u>Saturated Fat</u>	3g
<u>Fiber</u>	9g
<u>Sugar</u>	7g
<u>Sodium</u>	407mg

The information shown is an estimate.



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