

# Asian Chicken and Vegetable Stew

*"With this easy recipe, you can make a healthy entrée that has that great take-out flavor—and in next to no time at all. Another time, leave out the chicken and you'll have a first-course or side soup."*

**Serves 4** (1¼ cups per serving)

## Ingredients:

- 1 teaspoon toasted sesame oil
- 1 pound boneless, skinless chicken breasts, all visible fat discarded, cut into ¾-inch cubes
- 1 14-ounce can fat-free, low-sodium chicken broth
- 1 8-ounce can bamboo shoots, rinsed and drained
- 4 ounces (about 1 cup) fresh snow peas, trimmed
- 1/3 cup water and 1 tablespoon water, divided use
- 4 medium green onions, sliced
- 3 tablespoons plain rice vinegar
- 2 tablespoons soy sauce (lowest sodium available)
- 1 tablespoon coarsely chopped peeled gingerroot
- 1 teaspoon light brown sugar
- 1/4 teaspoon crushed red pepper flakes
- 1/4 teaspoon pepper
- 1 tablespoon cornstarch

## Directions:

1. Heat a large nonstick saucepan over medium-high heat. Pour in the oil, swirling to coat the bottom. Cook the chicken for 6 to 8 minutes, or until no longer pink in the center, stirring frequently.

2. Stir in the broth, bamboo shoots, snow peas, 1/3 cup water, green onions, vinegar, soy sauce, gingerroot, brown sugar, red pepper flakes, and pepper. Bring to a boil over high heat, stirring occasionally. Reduce the heat and simmer for 6 to 8 minutes, stirring occasionally.

3. Put the cornstarch in a cup. Add the remaining 1 tablespoon water, stirring to dissolve. Stir into the soup. Increase the heat to medium high and bring to a boil. Boil for 1 to 2 minutes, or until thickened, stirring occasionally.

**Cook's Tip:** Toasted sesame oil provides the authentic Asian flavor in this recipe. Also known as Asian sesame oil, it is darker and has a stronger flavor than regular sesame oil, which is virtually flavorless.

## Nutrition Analysis: (per serving)

Calories	186
Total Fat	3.0 g
Saturated Fat	0.5 g
Trans Fat	0.0 g
Polyunsaturated Fat	1.0 g
Monounsaturated Fat	1.0 g
Cholesterol	66 mg
Sodium	303 mg
Carbohydrates	9 g
Fiber	2 g
Sugars	4 g
Protein	29 g

**Dietary Exchanges:** 1/2 carbohydrate, 3 very lean meat

<http://www.americanheart.org/presenter.jhtml?identifier=3064538>

# Asian Noodles with Vegetables

**Serves: 4**

Prep: 10min Cook: 8min Total: 1min

## Ingredients:

- 1 egg, lightly beaten
- 9 ounces dry eggless chow mein noodles or baked ramen noodles
- 1 tablespoon canola oil
- 1 tablespoon minced garlic
- 4 cups thinly sliced bok choy stems and leaves
- 1 medium carrot, shredded
- 1 tablespoon reduced-sodium soy sauce
- 1 teaspoon sugar
- 1 teaspoon dark sesame oil

## Directions:

1. Coat a small nonstick skillet with cooking spray. Warm over medium heat. Add the egg, and swirl the pan so the egg coats the bottom. Cook for about 1 minute, or until almost set. Carefully turn and cook a few seconds until the egg is set on the bottom. Remove from the pan, and place on a cutting board to cool slightly. Roll up tightly, and cut into strips. Set aside.
2. Cook the noodles (discard the seasoning packet or reserve for another use) in a pot of boiling water for 3 minutes, or according to the package directions. Drain, rinse with cold water, and drain again. Set aside.
3. In a large nonstick skillet or wok heat the canola oil over medium heat. Add the garlic and cook for 30 seconds, or until fragrant. Add the bok choy and carrot. Stir-fry until the bok choy starts to wilt, 1 to 2 minutes.
4. Add the noodles, soy sauce, sugar, and sesame oil. Cook, tossing until the noodles are heated through, 1 to 2 minutes.
5. Add the reserved egg strips, and toss to combine.

## Nutritional Facts per serving

Calories 301 cal  
Fat 6.9 g  
Saturated fat 0.8 g  
Sodium 431.3 mg  
Carbohydrates 52.1 g  
Total sugars 4.4 g  
Dietary fiber 4.6 g  
Protein 9.8 g