



CHICKEN AND PEANUT LO MEIN

ingredients:

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| 8 ounces dry whole-wheat spaghetti | 4-ounce package shiitake mushrooms, sliced |
| 1 Tablespoon canola oil, divided | 1 teaspoon sesame oil |
| 1 pound boneless, skinless chicken breast, cut into 1" pieces | 3 Tablespoons reduced-sodium soy sauce |
| 3 cloves garlic, minced | 3/4 cup low-sodium chicken broth |
| 1-inch piece fresh ginger root, peeled and minced | 1/4 teaspoon black pepper |
| 1 large onion (red or white, or 1 bunch scallions), sliced | Juice of 1 lime |
| 4 carrots, peeled and sliced | Sriracha (optional) |
| 1 bunch broccoli, chopped | 1 Tablespoon cornstarch |
| 2 ribs celery, sliced | 1 Tablespoon brown sugar |
| | 1/4 cup unsalted peanuts, chopped |

directions:

1. Heat water for spaghetti in a large stock pot and cook spaghetti according to package directions (minus salt and oil).
2. Heat 1 teaspoon canola oil in a large sauté pan. Add chicken and sauté until browned and cooked through. Remove from pan and set aside.
3. In same pan, heat remaining 2 teaspoons oil and sauté garlic, ginger and onion until fragrant. Add carrots and sauté for 3-5 minutes, stirring occasionally. Add broccoli and celery; sauté 3-5 minutes. Add mushrooms; sauté 3-5 minutes. Cook until broccoli is crisp-tender and bright green.
4. To prepare sauce, mix sesame oil with soy sauce, chicken broth, black pepper, lime juice, Sriracha (optional), cornstarch and brown sugar.
5. Add cooked chicken and sauce to vegetables and bring to a boil. Cook just until sauce is thickened, about 2 minutes. Stir in cooked noodles, top with peanuts and serve.

COOK'S NOTE: To make this a vegetarian recipe, replace the chicken with a 14-ounce package of firm tofu sliced into 6 pieces (press out extra liquid with paper towel) OR a 10-ounce package shelled edamame, and replace the chicken broth with vegetable broth.

Yield: 4 servings

Nutrition Information Per Serving:

440 Calories
14 grams Fat
2 grams Saturated Fat
75 mg Cholesterol
460 mg Sodium
47 grams Carbohydrates
12 grams Sugar
9 grams Fiber
34 grams Protein

Food exchanges: 2 starch,
3 vegetable, 3 1/2 meat



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