

Sesame Noodles with Broccoli and Chicken

Prep time: 10 minutes | Cooking time: 20 minutes | Number of servings: 8

- 8 ounces whole wheat spaghetti noodles, uncooked
- 2 tablespoons sugar
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- ¼ cup vegetable oil
- 12 ounces broccoli, fresh or frozen
- 1 tablespoon garlic, minced
- 1½ cups cooked chicken breast, diced
- 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 pan or skillet over medium heat. Add garlic and let brown for 1 to 2 minutes. Once browned, add broccoli and cook until tender.
4. Add chicken and cook until heated through.
5. Add pasta and soy sauce mixture; mix well. Sprinkle sesame seeds on top.



Nutrition Facts (Serving size 1 cup): Calories–240; Protein–13g; Carbohydrate–28g; Total Fat–9g; Saturated Fat–1g; Cholesterol–20mg; Fiber–5g; Sodium–520mg; Vitamin C–40%; Vitamin A–8%; Iron–10%; Calcium–4%

Adapted and reprinted with permission from Oregon State University Extension Service

Sesame Noodles with Broccoli and Chicken

Prep time: 10 minutes | Cooking time: 20 minutes | Number of servings: 8

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 pan or skillet over medium heat. Add garlic and let brown for 1 to 2 minutes. Once browned, add broccoli and cook until tender.

4. Add chicken and cook until heated through.

5. Add pasta and soy sauce mixture; mix well. Sprinkle sesame seeds on top.



- 8 ounces whole wheat spaghetti noodles, uncooked

- 2 tablespoons sugar
- 3 tablespoons soy sauce

- 2 tablespoons rice vinegar
- ¼ cup vegetable oil

- 12 ounces broccoli, fresh or frozen

- 1 tablespoon garlic, minced
- 1½ cups cooked chicken breast, diced

- 1 tablespoon toasted sesame seeds

Nutrition Facts (Serving size 1 cup): Calories–240; Protein–13g; Carbohydrate–28g; Total Fat–9g; Saturated Fat–1g; Cholesterol–20mg; Fiber–5g; Sodium–520mg; Vitamin C–40%; Vitamin A–8%; Iron–10%; Calcium–4%

Adapted and reprinted with permission from Oregon State University Extension Service



Recipe Substitutions

- Missing an ingredient? Try these substitutions to vary your meal and use foods you already have.
- Don't have chicken?** Use leftover cooked meat or fish. Use canned meat or seafood. Or try tofu for a vegetarian meal.
 - Don't have broccoli?** Try green beans, peas, or use fresh/frozen mixed vegetables.
 - Don't have rice vinegar?** Substitute cider vinegar or mild wine vinegar.
 - Don't have fresh garlic?** Use 1/8 teaspoon of garlic powder for each clove of fresh garlic.



QUICK WHOLE GRAINS

QUICK WHOLE GRAINS



Recipe Substitutions

Missing an ingredient? Try these substitutions to vary your meal and use foods you already have.

- Don't have chicken?** Use leftover cooked meat or fish. Use canned meat or seafood. Or try tofu for a vegetarian meal.
- Don't have broccoli?** Try green beans, peas, or use fresh/frozen mixed vegetables.
- Don't have rice vinegar?** Substitute cider vinegar or mild wine vinegar.
- Don't have fresh garlic?** Use 1/8 teaspoon of garlic powder for each clove of fresh garlic.

