



## Asian Noodles & Chicken

*Makes 4 1-3/4 cup servings. Recipe from Cooking Light.*

### Ingredients

- 1 tbs dark sesame oil\*, divided
- 1 tbs grated peeled fresh ginger
- 2 garlic cloves, minced
- 2 cups chopped roasted skinless, boneless chicken breasts
- 1/2 cup chopped green onions
- 1/4 cup chopped fresh cilantro
- 3 tbs low-sodium soy sauce\* (check for Gluten)
- 2 tbs rice wine vinegar\*
- 2 tbs hoisin sauce\*
- 2 tsp sambal oelek\*
- 1 (6.75-ounce) package thin rice sticks\* (rice-flour noodles)
- 2 tbs chopped dry-roasted peanuts

### Nutritional info per serving

Calories:	381
Total fat:	8g
Cholesterol:	60mg
Sodium:	614mg
Total Carbs:	47g
Protein:	28g

### Directions

1. Heat 2 teaspoons oil in a small skillet over medium-high heat. Add ginger and garlic to pan; cook 45 seconds, stirring constantly. Place in a large bowl. Stir in remaining 1 teaspoon oil, chicken, and next 6 ingredients (through sambal oelek. If you want a less spicy dish, reduce the amount of sambal oelek by half or more).
2. Cook noodles according to package directions. Drain and rinse under cold water; drain. Cut noodles into smaller pieces. Add noodles to bowl; toss well to coat. Sprinkle with peanuts.

\*These items available in the Asian section of your food market.