



Healthy Eating & Weight Loss

Shanghai Noodles

- 3 boneless skinless chicken breasts
- 1 tsp olive oil
- 1 Tbsp cornstarch
- 1 can chicken broth
- 2 Tbsp soy sauce
- 1 tsp garlic powder
- 1 tsp ground ginger
- 1 Tbsp brown sugar
- 1 small onion
- 1 cup broccoli florets
- 1/2 red pepper
- 1/2 green pepper
- 10 mushrooms
- 1 package Shanghai noodles (17 oz) -- found fresh in the produce section

Heat Oil in a large nonstick frying pan. Cut chicken into bite sized pieces and add to pan as you chop. Stir until chicken is no longer pink. Combine in this order in a small bowl. cornstarch, gradually stir in broth, add soy sauce, garlic, ginger and brown sugar. Stir until smooth to make a sauce. Set aside

Cut onion, broccoli, peppers and mushrooms in that order, into bite sized pieces and add to chicken pan as you chop. Toss for 3-4 minutes.

Rinse noodles in a colander under warm water, separating them with your fingers. Add noodles and the sauce to pan and stir until hot. Makes 4-6 servings. Makes 4-6 Servings.

247 calories per serving, 26 g protein

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