

Chicken Pad Thai

Ingredients

- 8-1/3 oz whole grain spaghetti
- 4 tsp vegetable oil
- 1 tsp sesame oil
- 1-3/8 tsp garlic
- 1-3/8 tsp ginger
- 4 tbsp cabbage, shredded
- 7-5/8 tsp carrots, grated
- 3 tsp green bell pepper, chopped
- 3 tsp red bell pepper, chopped
- 4 tsp onion, chopped
- 8-1/3 oz frozen cooked diced chicken
- 1 oz asian sauce

Directions

1. Prepare noodles according to package instructions.
2. In a large pan over high heat, add oil, minced garlic, and ginger. Sauté for 30 seconds. Add cabbage, carrots, peppers, and onions and sauté until vegetables are slightly tender.
3. When mixture is half cooked, add noodles, chicken, and Asian Sauce (sub-recipe).
4. Stir all ingredients together until noodles are fully coated.

Notes

Number of Portions: 4

Serving Size: 3/4 cup

Nutrition Facts: 341 calories, 8.54 g fat, 0.97 g saturated fat, 248 mg sodium, 47.01 g carbohydrate, 6.33 g fiber, 1 g sugar, 21.71 g protein