

Chicken Chow Mein

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: ~2 cups

Ingredients

- 1 tablespoon olive oil
- ½ pound (8 ounces) boneless skinless chicken breast, cut into bite-sized strips
- ½ medium onion, thinly sliced (about ½ cup)
- 2 stalks celery, thinly sliced on the bias (diagonal; about 1 cup)
- 3 white or cremini mushrooms, thinly sliced (about ½ cup)
- 2 cups chopped Napa cabbage
- 1 cup (8 ounces) low-sodium chicken broth
- 1 (8-ounce) can bamboo shoots, drained and rinsed
- 1 (8-ounce) can sliced water chestnuts, drained and rinsed
- 1 tablespoon cornstarch
- 1 tablespoon water
- ½ teaspoon sugar
- ¼ teaspoon ground black pepper
- ½ cup crunchy chow mein noodles, divided

Directions

1. Heat a medium skillet or sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the chicken and cook, stirring often, until cooked through (internal temperature of 165°F), about 6-8 minutes. Remove the chicken from the pan and set aside.
4. Set the pan back over medium heat. Add the onion, celery, and mushrooms. Cook until softened, about 6-8 minutes.
5. Add the cabbage, broth, bamboo shoots, and water chestnuts. Stir to combine.
6. Bring to a simmer over high heat, then reduce the heat to maintain a simmer.
7. Cook until the cabbage is tender, about 5-7 minutes.
8. In a small bowl, whisk together the cornstarch and water with a fork to make a slurry.
9. Add the slurry, sugar, and black pepper to the vegetable mixture. Stir to combine.
10. Cook until a slightly thickened sauce forms, about 3-5 minutes.
11. Add the chicken and stir to combine.
12. Serve warm, topping each serving with ¼ cup of the chow mein noodles.

Recipe Notes

- Tofu can be used in place of the chicken, if desired.
- Try substituting bok choy for the Napa cabbage.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 11 g | Saturated Fat: 1.5 g
Sodium: 500 mg | Total Carbohydrate: 25 g | Dietary Fiber: 6.5 g | Protein: 21 g**

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