

Chicken-Snap Pea Stir-Fry

Recipe Type: Entree

Serves: 6

Prep Time: 5

Cooking Time: 15

C means cup **T** means tablespoon **t** means teaspoon **oz** means ounce

What you need:

- 1 lb sugar snap peas
- 3 T vegetable oil
- 1 lb boneless chicken, thinly sliced
- 1/4 C ginger, chopped
- 3 garlic cloves, chopped
- 6 scallions, sliced
- 1 C chicken broth
- 1/4 C reduced-sodium soy sauce
- 2 T cornstarch
- 1 T hot sesame oil
- 2 (3 oz) packages of ramen noodles (do not use seasoning package)

What to do:

1. Wash your hands.
2. Boil ramen noodles in water for 4 minutes and set aside.
3. Boil sugar snap peas for 2 minutes. Drain and rinse with cold water and set aside.
4. Heat 1 T of vegetable oil in a pan over medium-high heat.
5. Add the chicken to the pan and stir-fry for 2 minutes and set aside.
6. Add 2 T of vegetable oil to the pan. Stir-fry the ginger, garlic and scallions for 1 minute.
7. Mix the chicken broth, soy sauce and cornstarch together and add it to the pan. Cook for 1 minute.
8. Add the peas and chicken, stir until it is hot.
9. Add 1 tbsp. hot sesame oil.
10. Combine the veggies with the ramen noodles.
11. Serve warm and enjoy!



This is a picture of 1 serving.

Nutrition Facts

Serving Size 1 C

Amount Per Serving

Calories 290

Calories from Fat 130

%Daily Value*

Total Fat 15 g **23%**

Saturated Fat 3 g **15%**

Trans Fat 0 g

Cholesterol 70 mg **23%**

Sodium 480 mg **20%**

Total Carbohydrate 20 g **7%**

Dietary Fiber 3 g **12%**

Sugars 4 g

Protein 20 g

Vitmain C 80%

Calcium 6%

*** Percent Daily Values are based on a 2,000 calorie diet.**

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