

# Chicken with Napa Cabbage and Rice Noodles

A delectable sauce spiced with sriracha and sweetened with honey coats a ginger-scented mixture of chicken, rice noodles, and fresh vegetables in this one-dish meal.

## Ingredients

---

 **Servings** 4 **Serving Size** 1 1/2 cups

4 ounces dried medium Asian rice stick noodles, broken in half

1 tablespoon toasted sesame oil

1 pound boneless, skinless chicken breasts, all visible fat discarded, patted dry, and cut into 1/2-inch strips

1 1/2 tablespoons minced peeled gingerroot

1 medium red bell pepper, chopped

1/2 cup matchstick-size carrot strips

4 cups thinly sliced napa cabbage

3/4 cup sliced green onions (dark green part only)

1/4 cup chopped fresh cilantro

1/4 cup chopped unsalted peanuts, dry-roasted

### Sauce

2 tablespoons soy sauce (lowest sodium available)

2 teaspoons honey

1 teaspoon plain rice vinegar

1/2 teaspoon cornstarch

1/4 teaspoon hot chile sauce (sriracha preferred)

## Directions

---

 **Tip:** Click on step to mark as complete.

In a small bowl, whisk together the sauce ingredients. Set aside.

Put the noodles in a large bowl. Pour in boiling water to cover. Let stand for 5 to 7 minutes, or until tender. Drain well in a colander.

Meanwhile, heat a large skillet or wok over high heat. Pour in the oil, swirling to coat the bottom. Cook the chicken for 5 minutes, or until lightly browned, stirring frequently. Transfer to a plate (the chicken won't be done at this point).

Cook the gingerroot for 30 seconds, still over high heat, stirring constantly. Stir in the bell pepper and carrots. Cook for 2 to 3 minutes, or until slightly softened, stirring constantly (add a little water if the vegetables are sticking). Stir in the cabbage. Cook for 1 minute, stirring constantly. Stir in the green onions, chicken, and sauce. Cook for 1 minute, or until the chicken is no longer pink in the center and the vegetables are tender-crisp, stirring constantly. Stir in the noodles. Just before serving, sprinkle with the cilantro and peanuts.

**Cooking Tip:** Rice stick noodles come in various sizes. For this recipe, look for noodles that are about the width of spaghetti. They are available in Asian specialty markets and in the Asian aisle of some supermarkets.

 Calories

373 Per Serving

 Protein

29g Per Serving

 Fiber

4g Per Serving

## Nutrition Facts

<b>Calories</b>	373
<b>Total Fat</b>	11.0 g
Saturated Fat	2.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	3.5 g
Monounsaturated Fat	4.5 g
<b>Cholesterol</b>	73 mg
<b>Sodium</b>	415 mg
<b>Total Carbohydrate</b>	36 g
Dietary Fiber	4 g
Sugars	7 g
<b>Protein</b>	29 g

**Dietary Exchanges**

2 starch, 1 vegetable, 3 lean meat