



Chicky Pad Thai



1/2 of recipe, about 2 1/2 cup: 285 calories, 4g total fat (0.5g sat. fat), 625mg sodium, 32g carbs, 9g fiber, 13g sugars, 34g protein

Prep: 15 minutes **Cook:** 15 minutes



Ingredients

2 packages House Foods Tofu Shirataki Fettuccine Shaped Noodle Substitute
2 tbsp. ketchup
2 tbsp. lime juice
1 tbsp. sugar-free apricot preserves
2 tsp. crushed dry-roasted peanuts
2 tsp. brown sugar (not packed)
1 tsp. lite/low-sodium soy sauce
1/4 tsp. chopped garlic
1/4 tsp. crushed red pepper, or more to taste
1/2 cup fat-free liquid egg substitute (like Egg Beaters Original)
6 oz. raw boneless skinless lean chicken breast, cut into bite-sized pieces
Dash each salt and black pepper
2 cups chopped broccoli
1 1/2 cups bean sprouts
3/4 cup 1-inch scallion pieces
Optional topping: chopped cilantro

Directions

Use a strainer to drain and rinse shirataki noodles well. Pat dry. In a large microwave-safe bowl, microwave for 1 minute. Drain excess liquid. Dry as thoroughly as possible, using paper towels. Cut noodles up a bit and set aside.

To make the sauce, in a small bowl, combine ketchup, lime juice, preserves, peanuts, brown sugar, soy sauce, garlic, and crushed red pepper. Stir thoroughly and set aside.

Spray a wok or large skillet with nonstick spray and bring to medium-high heat on the stove. Add egg substitute and scramble until fully cooked, about 2 minutes. Transfer to a bowl and set aside.

Remove wok/skillet from heat (if needed, clean it once cooled), re-spray, and return to medium-high heat. Add chicken and season with salt and black pepper. Add broccoli, bean sprouts, scallion pieces, and 2 tablespoons water. Stirring occasionally, cook until chicken is no longer pink and broccoli is tender, about 4 minutes.

Add sauce, stir to evenly distribute, and continue to cook for about 2 minutes, until sauce is hot. Add scrambled egg substitute and noodles, mix well, and continue to cook until hot, about 3 minutes.

If you like, season to taste with additional crushed red pepper and/or top with cilantro. Serve and enjoy!

MAKES 2 SERVINGS

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Author: Hungry Girl

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