



Zucchini So Low Mein with Chicken



1/2 of recipe (about 2 1/4 cups): 277 calories, 6.5g total fat (1g sat. fat), 633mg sodium, 24g carbs, 5.5g fiber, 15.5g sugars, 34g protein

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

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Ingredients

2 tbsp. reduced-sodium/lite soy sauce
1 1/2 tsp. granulated white sugar
1 tsp. sesame oil
1/2 tsp. crushed garlic
1/2 tsp. onion powder
20 oz. (2 - 3 medium) zucchini
8 oz. raw boneless skinless chicken breast, cut into bite-sized pieces
1/4 tsp. garlic powder
1 cup frozen Asian-style stir-fry vegetables
1 cup bean sprouts
1 cup quartered mushrooms
1/4 cup chopped scallions

Directions

To make the sauce, in a small bowl, combine soy sauce, sugar, oil, crushed garlic, and 1/4 tsp. onion powder. Mix well.

Using a spiral veggie cutter like [the Veggetti](#), cut zucchini into spaghetti-like noodles. (If you don't have a spiralizer, peel zucchini into super-thin strips, rotating the zucchini as you slice it.)

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add chicken pieces, and sprinkle with garlic powder and remaining 1/4 tsp. onion powder. Add frozen veggies, bean sprouts, and mushrooms. Cook and stir for about 5 minutes, until chicken is cooked through and veggies are hot and tender.

Add zucchini noodles and scallions. Cook and stir until hot and slightly softened, about 3 minutes.

Transfer wok contents to a strainer, and thoroughly drain excess liquid.

Return wok to medium-high heat, and return drained mixture to the wok. Add sauce, and cook and stir until sauce is evenly distributed and mostly absorbed, about 2 minutes.

MAKES 2 SERVINGS

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