

# 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**

Vitamin C 80%

Calcium 6%

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

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