Sesame Chicken Noodles with Bok Choy

Serves 5. Total time 30 minutes.

Sesame Chicken Noodles with Bok Choy

8 oz. uncooked whole wheat spaghetti 
1 T. toasted sesame oil 
4 cups thinly sliced bok choy 
8 oz. shiitake mushrooms, sliced 
1 red pepper, sliced into ½- inch strips 
1 pound boneless, skinless chicken breasts, cut into 2- inch strips 
¼ tsp. ground ginger 
2 garlic cloves, chopped 
2 T. reduced-sodium soy sauce 
1 T. flour 
1 cup reduced-sodium chicken broth 
½ cup chopped scallions 
2 T. rice vinegar 
1/8 tsp. crushed red pepper 
2 T. sesame seeds

Directions:
1. Bring a large pot of water to boil. Cook pasta 8-10 minutes; drain.
2. While the pasta is cooking, warm the sesame oil in a large deep skillet over medium-high heat. Add bok choy, mushrooms, and red pepper; cook for 3 minutes. Add chicken, ginger, garlic, and soy sauce; cook for 3 minutes. In a small jar, combine the flour and broth, add to the pan and cook 2 minutes to thicken. Remove from heat. Stir in the scallions, rice vinegar, and crushed red pepper. Toss with pasta. Top with sesame seeds.

Total Meal Nutrition Information (per 1/5 of each recipe): 417 calories, 37 g protein, 10 g fat, 2 g saturated fat, 43 g carbohydrate, 7 g fiber, 78 mg cholesterol, 440 mg sodium

1 serving equals: 1 whole grain, 1 protein/ dairy, 3 vegetable, 1 fat

By Kelly Frazier, M.A., Furman University, Department of Health Sciences
Sesame Chicken Noodles with Bok Choy

Shopping List

Produce Section
- 4 cups thinly sliced boy choy (1 head)  
  (see tip #1)
- 8 oz. shitake mushrooms, sliced
- 1 red pepper, sliced into ½- inch strips
- ¾ cup chopped scallions
- 2 garlic cloves, chopped

Dry Goods Section
- 8 oz. uncooked whole wheat spaghetti
- 1 cup reduced-sodium chicken broth
- 2 T. reduced-sodium soy sauce  
  (see tip #2)
- 2 T. rice vinegar  
  (see tip #3)
- 2 T. sesame seeds
- 1 T. toasted sesame oil
- ¼ tsp. ground ginger
- 1/8 tsp. crushed red pepper

Meat/ Dairy Section
- 1 pound boneless, skinless chicken breasts,  
  cut into 2 inch strips

---

**Smart Shopper Tip #1:**
Bok choy is a variety of Asian cabbage. It has long white stalks and dark green leaves. It has a delicious, mild flavor and crunchy texture that is a common staple in Asian stir-fries.

**Smart Shopper Tip #2:**
Condiments such as soy sauce, teriyaki sauce, salsa, and spaghetti sauce tend to be very high in sodium. Choose lite or reduced-sodium varieties and use them in moderation.

**Smart Shopper Tip #3:**
Rice vinegar can usually be found with vinegars or soy sauce and other ethnic condiments. Choose the unseasoned, plain variety. It has a clean crisp taste that can brighten up foods without added sugar, salt, or fat.