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DIET CENTER

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JOY'S CHICKEN CHOW MEIN

Basic Lifestyle

Ingredients

1 lb. chicken cutlets cut in cubes
2 cups water
1 bunch scallions, chopped
1 bag shredded coleslaw
1 package mushrooms, sliced
½ cup water to sauté
6 sprays of Braggs Liquid Amino*
1 TSP fresh lemon juice

Instructions

1. Boil chicken cutlets cubes in 2 cups of water until fully cooked.
2. Sauté chopped scallions and sliced mushrooms in ½ cup water for 10-15 minutes on a low flame. Add cole slaw mix. Stir together. Spray with Braggs and cook on low flame for another 10-15 minutes, adding ½ cup of the broth from the boiled chicken.

(When you are ready to serve, weigh out 4 oz. chicken. Measure out 1 cup of the “chow mein” veggie mix.)

Portion-Per-Serving Information: (Yields 4 servings)

Serving = 4 oz. chicken + 1 cup veggies = 1 P, 2 V

*Tastes just like soy sauce without all the sodium. Bragg's can be purchase in most “Nature's Harvest” sections in Food Towns, or at any health food store. If you must, use 1 TSP lite soy sauce (300 mg. sodium).