

WEIGHT ★ NO ★ MORESM DIET CENTER



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SPICY NOODLES WITH CHICKEN AND SPINACH

Advanced Lifestyle

Ingredients

½ lb. mushrooms (shitake, button, oyster)
8 boneless, skinless chicken breasts, 4 to 5 oz.
¾ lb. spaghetti
3 TBS sesame oil
2 TBS low-sodium soy sauce*
4 large scallions, thinly sliced

1" piece of ginger, peeled and thinly sliced
1 clove garlic, minced
¼ TSP red pepper flakes
1 lb. fresh baby spinach, washed and dried
freshly ground black pepper
Morton's Lite Salt

Instructions

1. Spray a large skillet with non-stick cooking spray and heat over medium-high heat. Add the mushrooms and sauté for about 3 to 5 minutes, until they are browned. Remove from the heat and keep warm.
2. Spray the pan again and sauté the chicken breasts over medium-high heat for about 6 minutes on each side. Remove from the heat and when cool enough to handle, shred into pieces.
3. Bring a large pot of salted water to a boil. Add the spaghetti and cook until *al dente*, about 7 to 9 minutes.
4. Heat the sesame oil and soy sauce in a skillet over medium heat. Add the ginger slices, garlic, scallions and red pepper and cook until fragrant, about 2 minutes. Add the spaghetti to the skillet and toss well. Add freshly ground pepper and adjust the seasoning to your taste.
5. Arrange the spinach leaves on 8 plates. Add the spaghetti and top with the mushrooms and shredded chicken.

Portion-Per-Serving Information: (Yields 8 servings)

Serving = 1 cup = 1 P, 1 G

*Note: Bragg's Liquid Amino is a real good alternative to soy sauce. Tastes just like it and much lower in sodium. All natural. Buy it at any health food store or in the Nature's Harvest section at most Food Towns.