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Nutrition Facts (Serving size 1 cup): Calories–240, Protein–13g; Carbohydrate–28g; Vitamin C–40%; Vitamin A–8%; Iron–10%; Calcium–4%

sesame seeds on top.

- 5. Add pasta and soy sauce mixture; mix well. Sprinkle
 - 4. Add chicken and cook until heated through.

add broccoli and cook until tender.

3. Heat oil in large pan or skillet over medium heat. Add garlic and let brown for 1 to 2 minutes. Once browned,

sauce, and vinegar in small bowl. Set aside.

2. Mix together sugar, soy

package directions. Set aside.

1. Cook pasta according to

Directions

1 tablespoon toasted sesame seeds

Ъгеаst, diced

1 tablespoon garlic, minced

12 ounces broccoli, fresh or frozen

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2 tablespoons rice vinegar

3 tablespoons soy sauce

2 tablespoons sugar

spaghetti noodles, uncooked

Prep time: 10 minutes | Cooking time: 20 minutes | Number of servings: 8

Sesame Noodles with Broccoli and Chicken



GUICK WHOLE GRAINS

QUICK WHOLE GRAINS



Sesame Noodles with Broccoli and Chicken

Prep time: 10 minutes | Cooking time: 20 minutes | Number of servings: 8

- 8 ounces whole wheat spaghetti noodles, uncooked
- 2 tablespoons sugar
- 3 tablespoons soy sauce
- 2 tablespoons rice vinegar
- 1/4 cup vegetable oil
- 12 ounces broccoli, fresh or frozen
- 1 tablespoon garlic, minced
- 1½ cups cooked chicken breast, diced
- 1 tablespoon toasted sesame seeds

Directions

- Cook pasta according to package directions. Set aside.
- 2. Mix together sugar, soy sauce, and vinegar in small bowl. Set aside.
- 3. Heat oil in large pan or skillet over medium heat. Add garlic and let brown for 1 to 2 minutes. Once browned, add broccoli and cook until tender.
- 4. Add chicken and cook until heated through.
- 5. Add pasta and soy sauce mixture; mix well. Sprinkle sesame seeds on top.

Nutrition Facts (Serving size 1 cup): Calories–240; Protein–13g; Carbohydrate–28g; Total Fat–9g; Saturated Fat–1g; Cholesterol–20mg; Fiber–5g; Sodium–520mg; Vitamin C–40%; Vitamin A–8%; Iron–10%; Calcium–4%

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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). The Supplemental Nutrition Assistance Program (SNAP) provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, contact http://foodhelp.wa.gov or the Basic Food Program at 877-501-2233.

Don't have fresh garlic? Use 1/8 teaspoon of garlic powder for each clove of fresh garlic.

Don't have rice vinegar? Substitute cider vinegar or mild wine vinegar.

Don't have broccoli? Try green beans, peas, or use fresh/frozen mixed vegetables.

for a vegetarian meal.

Don't have chicken? Use leftover cooked meat or fish. Use canned meat or seafood. Or try tofu

Missing an ingredient? Try these substitutions to vary your meal and use foods you already have.

Recipe Substitutions



GUICK WHOLE GRAINS

QUICK WHOLE GRAINS



Recipe Substitutions

Missing an ingredient? Try these substitutions to vary your meal and use foods you already have.

Don't have chicken? Use leftover cooked meat or fish. Use canned meat or seafood. Or try tofu

for a vegetarian meal.

Don't have broccoli? Try green beans, peas, or use fresh/frozen mixed vegetables.

Don't have rice vinegar? Substitute cider vinegar or mild wine vinegar.

Don't have fresh garlic? Use ½ teaspoon of garlic powder for each clove of fresh garlic.

