

HEALTHIER PANDA EXPRESS CHOW MEIN

Serves 4

INGREDIENTS

4 ounces fresh yaki-soba noodles
1/4 cup low sodium soy sauce
4 cloves garlic, minced
1 tablespoon brown sugar
2 teaspoons ginger, minced
1/4 teaspoon pepper
1 tablespoon extra virgin olive oil
1 onion, diced
2 celery stalk, chopped
4 cups shredded cabbage



<https://www.slenderkitchen.com/recipe/healthier-copycat-panda-express-chow-mein>

DIRECTIONS

1. Prepare the yaki-soba noodles according to the package directions. Do not use a seasoning packing if included. For fresh noodles, just add them to boiling water for 1-2 minutes until they separate and become tender. Dried noodles usually need to be boiled for 4-5 minutes.
2. Meanwhile, mix together the soy sauce, garlic, brown sugar, ginger, and pepper.
3. Heat the olive oil over medium high heat. Add the onion and celery and cook for 3-4 minutes. Add the cabbage and cook for 2 minutes until just tender. Add the noodles and the sauce. Cook for 2-3 minutes, stirring often. Serve!

NUTRITION INFORMATION PER SERVING (1.5 cups each)

Calories: 141, Total Fat: 4g, Saturated Fat: 1g, Cholesterol: 0mg, Sodium: 723mg, Carbohydrate 80g, Fiber: 6g, Sugar: 9g, Protein: 4g

ORIGINAL PANDA EXPRESS NUTRITION INFORMATION PER SERVING (9.5 ounces each)

Calories: 510, Total Fat: 20g, Saturated Fat: 3.5g,, Cholesterol: 0mg, Sodium: 860mg, Carbohydrate: 80g, Fiber: 6g, Sugar: 9g, Protein: 13g

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Health Plus: Advancing healthy lifestyle practices.