

Chicken Chow Mein



PREPARATION TIME

10 minutes



COOKING TIME

15 minutes



PERFECT PARTNER

egg rolls



When cooking with sprouts, mung bean sprouts are the best choice. Other types, such as alfalfa, wilt quickly. Refrigerate sprouts in a plastic bag for up to 3 days. Wash just before using.

SHOPPING LIST

- chicken breasts
- celery
- chicken broth
- soy sauce
- mushrooms
- bean sprouts
- water chestnuts
- bell pepper
- chow mein noodles
- lo mein noodles

ON HAND

- cornstarch
- onion

Chicken Chow Mein

INGREDIENTS

- 1 pound skinless, boneless chicken breasts
- 2 cups chicken broth, divided
- 3 stalks celery, sliced diagonally
- 1/2 medium onion, thinly sliced
- 1 red or green bell pepper, julienned
- 6 ounces mushrooms, sliced or 1 (4-ounce) can mushrooms, drained
- 2 cups bean sprouts
- 1 (8-ounce) can sliced water chestnuts, drained
- 2 tablespoons cornstarch
- 2 tablespoons soy sauce
- 8 ounces lo mein noodles, cooked
- 1 cup chow mein noodles

SERVES 6

COOKIN'
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• Slicing celery on a diagonal exposes more surface to the heat—which means faster cooking. Cut several stalks side by side with a long, sharp knife.

Make Ahead

Prepare recipe through step 3, but do not add sprouts. Reheat chicken mixture to serving temperature. Add sprouts just before spooning over the noodles.

VARIATION

Spoon chow mein over white rice rather than the noodles and top with slivered toasted almonds.

1 Cut chicken into 1/2-inch strips. Spray a nonstick skillet with cooking spray. Heat over medium-high heat; add chicken. Sauté for 5 minutes. Remove with slotted spoon; keep warm.



2 Add 1/2 cup broth to skillet. Bring to a boil. Add celery and onion. Stir-fry for 2 minutes. Add bell pepper and mushrooms. Stir-fry for 2 minutes. Stir in sprouts and water chestnuts.

3 Dissolve cornstarch in remaining broth. Mix in soy sauce; stir into skillet. Cook, stirring continually, for 3 minutes. Add chicken to skillet. Heat chicken mixture to serving temperature.



4 Spread lo mein noodles on a serving platter. Spoon chicken mixture over noodles. Sprinkle chow mein noodles over top. Serve immediately.