

# Chicken Chow Mein

Prep: 10 minutes | Cook: 20 minutes | Total: 30 minutes

Yield: 2 servings | Serving Size: 2 cups

## Ingredients

1 tablespoon oil  
8 ounces boneless skinless chicken breast, cut into bite sized strips  
1 small onion, sliced  
2 stalks celery, thinly sliced on the diagonal  
3 white mushrooms, thinly sliced  
1 (8-ounce) can bamboo shoots, drained  
1 (8-ounce) can water chestnuts, drained  
2 cups Napa cabbage or bok choy, roughly chopped  
1 cup low-sodium chicken broth  
½ teaspoon sugar  
¼ teaspoon fresh ground pepper  
1 tablespoon cornstarch  
1 tablespoon water  
½ cup crunchy chow mein noodles

## Directions

1. Heat a medium saucepan over medium heat.
2. Add oil and heat until shimmering.
3. Add the chicken breast and cook, stirring occasionally, about 7 minutes or until cooked through.
4. Remove the chicken from the pan and place in a clean bowl. Cover and set aside.
5. Bring the pan back to heat and add the onion, celery and mushrooms. Cook 7 minutes until onions are tender.
6. Stir in the bamboo shoots, water chestnuts and Napa cabbage.
7. Add the chicken broth and bring to a simmer. Cook 5-7 minutes, until cabbage is tender.
8. Stir in the sugar and pepper.
9. In a small dish, combine the cornstarch and water. Stir until dissolved. Drizzle into the vegetable mixture and stir well.
10. Add the chicken back to the pan and stir to combine. Cook 2-4 minutes until everything is warmed through.
11. Portion into bowls and garnish with chow mein noodles.

## Recipe Notes

- To make it vegetarian, substitute tofu for the chicken and vegetable broth for the chicken broth.
- Vary the vegetables based on your liking.

**Nutrition Facts Per Serving: Calories: 275 | Total Fat: 11 g | Saturated Fat: 1.5 g  
Sodium: 500 mg | Total Carbohydrate: 25 g | Dietary Fiber: 6.6 g | Protein: 21 g**

Submitted by Robin LaCroix, RD, CSO  
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