

## 5 A Day Recipes

### Main Courses

#### Ofelia Dirige's Filipino Noodles with Vegetables (Pancit Bihon)

Serves 6

- 1 teaspoon cooking spray or olive oil
- 1 small onion
- 1 cup carrots, diced
- 1 cup celery, diced
- 3 tablespoons low sodium soy sauce
- 1 cup chicken broth
- 1 tablespoon fresh lemon juice
- Black pepper to season
- 1 pound cooked boneless, skinless chicken breast, diced into half inch or inch cubes (about 3 cups)
- 1 8 oz. package noodles (Pancit bihon noodles\*, or angel hair pasta)
- 1 cups green cabbage, sliced into strips
- ½ cup scallions, diced (about 3 onions), divided
- ½ teaspoon pepper
- 1 medium lemon, thinly sliced
- 1 tablespoon fresh lemon juice

Spray a wok or large saucepan with cooking spray, or use olive oil. Over medium heat, sauté garlic and onion, cooking until golden brown. Add cooked chicken and heat until its browned and warmed throughout, 2-3 minutes. Add pepper. While chicken is heating, soften noodles

by putting them in a colander and running water over them until they're soft (do not soak them). Cut the noodles with kitchen scissors into 2-inch segments. Let noodles stand until they further soften. Alternatively, if using angel hair pasta, cook it according to directions and set aside. Add carrots to pan with chicken, and cook for 2 minutes. Stir in cabbage, celery, and ¼ cup scallions, and cook for 2 minutes. Add noodles gradually, stirring to blend with vegetables and meat. Add chicken broth and soy sauce to moisten. Cook until noodles are soft, about 5 minutes (omit this step if using angel hair pasta). Garnish with lemon slices and remaining scallions. Squeeze fresh lemon juice over the dish just before serving.

\*Pancit bihon noodles can be found in Asian grocery stores or in some supermarkets.

This is an official 5 A Day recipe, providing each person with one serving of vegetables.

#### Nutritional Analysis

Calories: 173  
Fat: 6 g  
Cholesterol: 32  
Fiber: 6 g  
Sodium: 51 mg