

Asian Curly Noodle Dinner

Courtesy of Carole's Creations

Prep Time: 5 minutes

Cooking Time: 20 minutes

Serves: 6

CChints: This is a quick and inexpensive meal. Serve with a simple side salad and dinner is ready. Red bell peppers are another item that can be purchased when on sale, diced and put in a freezer bag and frozen for weeks until needed.

New photo with chop sticks and dinner in a bowl

- 1 pound boneless skinless chicken breast, cut into small bite size pieces
- 1/2 teaspoon salt and a dash of pepper
- 1 teaspoon olive oil
- 1/2 of a medium yellow or white onion
- 1/2 cup bell pepper, diced
- 1 gloves minced garlic, fresh or jarred
- 1/4 cup chicken broth
- 1 teaspoon sesame oil
- 1 Tablespoon low sodium soy sauce
- 2 teaspoons freshly minced ginger or ginger paste
- 2 cups shredded zucchini, about 2
- 14 ounce can diced tomatoes, undrained
- 1/2 cup frozen corn, thawed
- 1 cup frozen peas or pea pods, thawed
- 1 package Teriyaki Ramen Noodles with flavor packet

Remove the chicken from the packaging and cut off any excess fat. Pat dry and cut into small bite size pieces. Add 1 teaspoon oil to a large nonstick pan over medium heat. Add chicken and sprinkle with salt and pepper. Cook 5-6 minutes, stirring occasionally until nearly done. Remove it from the skillet and transfer to a plate, leaving the juices in the skillet.

Add the onions and cook for 4 minutes, then add the bell pepper and garlic and cook another 2 minutes. Add the chicken broth through ginger and seasoning package from the noodles and stir well.

Blend in the zucchini, tomatoes, corn, peas and return the chicken to the skillet. Crumble the noodles and stir. Cover the skillet and cook for 10 minutes. If it begins to boil, turn down the heat for the remainder of the 10 minutes.

During this time clean everything that came in contact with the raw chicken and make your side salad.