

# Chinese Chicken Spaghetti



Taste of Home

**TOTAL TIME:** Prep/Total Time: 30 min.

**YIELD:** 6 servings, 1 cup per serving.

*It's hard to believe that something that comes together this easily could be tasty and lower in fat. This dish is pretty zippy, but if you like your stir-fries extra spicy, increase the red pepper flakes a bit. - Jenna Noel of Glendale, Arizona*

## Ingredients

8 ounces uncooked spaghetti

1 tablespoon cornstarch

4 tablespoons reduced-sodium soy sauce, divided

2 tablespoons sesame oil, divided

1 pound boneless skinless chicken breasts, cut into 2-inch pieces

2 tablespoons white vinegar

1 tablespoon sugar

1 tablespoon canola oil

2 cups fresh snow peas

2 cups shredded carrots

3 green onions, chopped

1-1/2 teaspoons minced fresh gingerroot

1/2 teaspoon crushed red pepper flakes

## Directions

1. Cook pasta according to package directions. In a small bowl, whisk cornstarch and 1 tablespoon soy sauce until smooth; stir in 1 tablespoon sesame oil. Transfer to a large resealable plastic bag. Add chicken; seal bag and turn to coat. Let stand for 10 minutes. In a small bowl, combine the vinegar, sugar, remaining soy sauce and sesame oil; set aside.

2. In a large nonstick skillet or wok, stir-fry chicken in canola oil until no longer pink. Remove to a platter and keep warm. In the same skillet, stir-fry peas and carrots for 5 minutes. Add the green onions, ginger and pepper flakes. Cook and stir until vegetables are crisp-tender. Return chicken to pan. Add soy sauce mixture; drain pasta; Add to skillet; toss until combined.

## Nutrition Facts

1 cup: 329 calories, 9g fat (1g saturated fat), 44mg cholesterol, 465mg sodium, 37g carbohydrate (0 sugars, 3g fiber), 24g protein. **Diabetic Exchanges:** 3 lean meat, 2 starch, 1 vegetable, 1 fat.

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