



Ingredients:

8 ounces whole-wheat spaghetti
3 tablespoons toasted (dark) sesame oil
2 scallions, chopped
1 tablespoon minced garlic
2 teaspoons minced fresh ginger
1 teaspoon brown sugar
2 tablespoons reduced-sodium soy sauce
2 tablespoons ketchup
8 ounces cooked boneless, skinless chicken breast, shredded
1 cup julienned carrots
1 cup sliced snap peas
3 tablespoons toasted sesame seeds

Classic Sesame Noodles with Chicken

Cook Time: 20 minutes. Servings 4. Yield : 4 servings

Directions:

Cook spaghetti in a pot of boiling water according to package directions. Drain, rinse and transfer to a large bowl.

Combine sesame oil, scallions, garlic, ginger and brown sugar in a small saucepan. Heat over medium heat until starting to sizzle. Cook for 15 seconds.

Remove from heat and stir in soy sauce and ketchup. Add to the noodles along with chicken, carrots, snap peas and sesame seeds; gently toss to combine.

Nutrition facts per serving:

460 calories. 17g Fat. 53g Carbs 29g Protein