

Chinese Noodle Chicken

Servings: 6

Ingredients:

4 skinless, boneless chicken breasts
1 tablespoon vegetable oil
1/2 cup sliced onion
2 cups broccoli florets
2 carrots, julienned
2 cups snow peas
4 cups dry Chinese noodles
1/4 cup teriyaki sauce



Directions:

Day 1

1. In a large skillet brown chicken in oil, stirring constantly until juices run clear. Put in labeled container. Put cut up vegetables into separate container. Measure noodles and place into labeled baggie. Refrigerate overnight.

Day 2

2. Heat 1 tablespoon of oil in large skillet and add precooked chicken, the onion, broccoli, carrots and peas. Cover skillet and steam for 2 minutes.

3. Add the Chinese noodles and teriyaki sauce. Stir noodles into chicken/vegetable mixture, making sure they are coated with sauce. When the noodles wilt, serve.