

Easy Pancit Noodles and Veggies

Filipino pancit is a delicious noodle and veggie stir-fry that is quick, easy, and pleases a crowd. Make it with chicken, cabbage, bell pepper, and carrots for a traditional version, or swap in your family's favorite veggies and proteins.

Makes: 6 servings
 Prep Time: 30 minutes
 Cook Time: 30 minutes

Source: superhealthykids.com

Ingredients

- 1 pound chicken breast
- 3 clove garlic
- 1/2 head cabbage
- 2 medium bell pepper, red
- 4 medium carrot
- 8.8 ounce rice noodles, dry
- 1 tablespoon olive oil
- 1/4 cup soy sauce, low sodium

Toppings

- 1 stalk green onion

Directions

1. Slice chicken into thin strips. Mince garlic, shred cabbage, cut peppers into matchsticks, and peel and grate carrots.
2. Soak vermicelli noodles in hot water for 15 minutes. Use kitchen shears to cut the block of noodles in half after soaking for a minute or two to keep noodles from being excessively long.
3. In a wok, large pan, or pot, heat oil. Add chicken and garlic and saute until chicken is no longer pink on the outside. Add veggies and stir. Saute for 10 minutes, until veggies are softened.
4. Drain noodles after 15 minutes and add to the veggies. Carefully fold everything together. Pour soy sauce over everything and continue stirring occasionally for 10 minutes. Serve warm, topped with chopped green onions. Add more soy sauce to taste.



Small Changes,
 BIG Difference!



Nutrition Information

Serving Size: 1/6 of the recipe

Nutrients	Amount
Calories:	332
Total Fat:	5 g
Saturated Fat:	1 g
Cholesterol:	55 mg
Sodium:	686 mg
Total Carbohydrates:	47 g
Dietary Fiber:	5 g
Total Sugars:	6 g
Added Sugars:	0 g
Protein	25 g

Utensils Needed

- Wok or Large Pan
- Sharp Knife
- Cutting Board
- Kitchen Shears
- Measuring Utensils
- Wooden Spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$16.58

Average cost/serving: \$2.76

Recipe makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location. Optional items can be added.

Ingredients



Add 1 to Cart
1 lb Boneless Chicken Breast



Add 1 to Cart
Cabbage



Add 1 to Cart
Garlic, 1 bulb



Add 1 to Cart
Medium Red Bell Pepper



Add 1 to Cart
Fresh Carrots (2 lb bag)



Add 1 to Cart
Rice Noodles (8 oz package)



Add 1 to Cart
Green Onion, 1 bunch

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Notes

- You can make pancit with any vegetables you like. It would be great with broccoli, zucchini, or peas!
- Pancit is made with various proteins – pork, shrimp, chicken, or a combo. You can use any lean meat or leave it out altogether.
- This recipe makes a lot, so plan for leftovers.
- It will taste great for lunch or dinner again the next day.
- To lower sodium, use low-sodium soy sauce and limit amount used. We lowered the 2/3 cup in the original recipe to 1/4 cup. Add more sparingly to taste.