

Chicken

Ramen Chicken Dinner

Taste of Home One -Dish Meals

Servings: 2

1 package (3 oz) chicken ramen noodles
1 1/2 cups frozen California-blend vegetables, thawed
1/4 cup celery, chopped
1/4 cup frozen peas, thawed
1/2 cup water
1/2 pound boneless/skinless chicken breasts, cut into 1/2-inch strips
2 tablespoons reduced-sodium soy sauce
2 tablespoons canola oil
1 teaspoon sugar
1/2 teaspoon crushed red pepper flakes

Set aside seasoning packet from the noodles.

In a 2-quart microwave-safe dish, combine the noodles, vegetables, celery, peas and water. Cover and microwave on HIGH for 4-5 minutes or until noodles and vegetables are tender, stirring once.

Place chicken in another microwave-safe dish. Cover and microwave on HIGH for 2-3 minutes or until chicken juices run clear. Stir chicken into noodle mixture.

Meanwhile, in a small bowl, combine the soy sauce, oil, contents of seasoning packet, sugar and pepper flakes. Pour over chicken mixture. Microwave, uncovered, on HIGH for 45 seconds longer or until heated through.

Per Serving (excluding unknown items): 64 Calories; trace Fat (1.4% calories from fat); 4g Protein; 12g Carbohydrate; 4g Dietary Fiber; 0mg Cholesterol; 660mg Sodium. Exchanges: 0 Grain(Starch); 1 1/2 Vegetable; 0 Other Carbohydrates.