

Glazed Chicken and Szechuan Noodle Salad

Cooking Light Test Kitchen

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Servings: 4

The noodles can be garnished with cilantro if you have it on hand.

1 tablespoon fresh ginger, peeled and grated

3 tablespoons hoisin sauce

1 teaspoon olive oil

1 teaspoon lower-sodium soy sauce

8 (1 1/2 pounds total) skinless/ boneless chicken thighs

cooking spray

6 ounces uncooked udon noodles (thick, fresh Japanese wheat noodles) or whole-wheat linguine

1/2 cup bottled Szechuan sauce

1 tablespoon reduced-fat creamy peanut butter

2 teaspoons lower-sodium soy sauce

2 teaspoons fresh lime juice

1 cup matchstick-cut carrots

1/2 cup matchstick-cut green onions

Preheat the grill to medium-high heat.

In a medium bowl, combine the ginger, hoisin sauce, olive oil and soy sauce. Stir well.

Add the chicken. Toss to coat.

Place the chicken on a grill rack coated with cooking spray. Grill 4 minutes on each side or until done. Remove from the grill and cover.

Cook the noodles according to package directions, omitting salt and fat. Drain and rinse with cold water. Drain well.

In a large bowl, combine the Szechuan sauce, peanut butter, soy sauce and lime juice, stirring with a whisk.

Add the noodles, carrots and green onions. Toss and serve immediately with the chicken.

Per Serving (excluding unknown items): 38 Calories; 2g Fat (36.0% calories from fat); trace Protein; 6g Carbohydrate; trace Dietary Fiber; trace Cholesterol; 194mg Sodium. Exchanges: 0 Vegetable; 0 Fruit; 1/2 Fat; 1/2 Other Carbohydrates.