

## Chicken Zoodle Lo Mein

Using spiral zucchini noodles. Low Carb!

Servings 2. Size 1/2 recipe. Calories 297, Carbs 28g, Protein 30g, Fat 8g, Sugar 10g, Fiber 5g, Sodium 687g.

Ingredients:

For the sauce:

- 1/2 cup reduced sodium chicken broth\*
- 1 tbsp reduced sodium soy sauce (use tamari for gluten free\*)
- 1 tbsp oyster sauce\*
- 1/2 tbsp rice wine
- 1 tbsp cornstarch

For the zoodles:

- 2 medium zucchini, ends trimmed
- 8 oz skinless, boneless chicken breast, cut into thin short strips
- kosher salt, to taste
- 2 tsp grapeseed or canola oil, divided
- 3/4 cup sliced bok choy
- 1/2 cup sliced mushrooms such as shiitake
- 1/2 cup shredded carrots
- 3 scallions, sliced into 1-inch pieces on the diagonal
- 1/2 tbsp grated fresh ginger
- 2 garlic cloves, chopped

\*check labels for gluten-free

Directions:

For the sauce – in a medium bowl, combine the chicken broth, soy sauce, oyster sauce, rice wine and 2 tablespoons of water. Whisk in the cornstarch until smooth.

Using a spiralizer fitted with a shredder blade, or a mandolin fitted with a julienne blade, cut the zucchini into long spaghetti-like strips. If using a spiralizer, use kitchen scissors to cut the strands into pieces that are about 8 inches long so they're easier to eat.

Season chicken with salt. Heat a large nonstick wok over high heat. When very hot, add 1 tsp of the oil and the chicken. Cook until browned on both sides and opaque throughout, 2 to 3 minutes. Set aside.

Add the remaining oil, bok choy, mushroom, carrots, scallions, ginger and garlic. Cook until crisp tender, 2 to 3 minutes. Set aside with the chicken.



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