

Pancit (Filipino noodle dish)

Ingredients

- 3 cloves garlic, minced
- ½ cup onion, diced
- 1 tablespoon olive oil or sesame oil
- 2 cups cooked chicken, pork or shrimp (or any combination)
- 1 tablespoon reduced sodium soya sauce
- 4 cups low sodium chicken broth (or homemade chicken broth)
- One 16 ounce package of rice sticks or Asian rice noodles
- 2 cups carrots, shredded
- 3 celery stalks, cut diagonally
- 4 cups cabbage, shredded
- One 16 ounce package frozen Chinese snow peas (optional)
- ½ tsp pepper
- 1 egg, hard boiled (for garnish)
- 2 lemons
- 2 green onions (for garnish)

Preparation

1. In a wok or large skillet, over medium heat, sauté garlic and onion until soft.
2. Stir in chicken, pork and/or shrimp and soya sauce. Add 3 cups of chicken broth and bring to boil.
3. Add noodles using 2 wooden spoons to stir in noodles. Cook for 15 minutes until noodles are translucent. Be careful that the noodles do not become gummy. You may need to add more broth or water to prevent this from happening.
4. Add vegetables and cook until cabbage begins to soften.
5. Transfer pancit to a serving dish and garnish with sliced eggs, green onions, and one lemon sliced into wedges.
6. Squeeze the juice of one lemon over top of the noodles before serving. Serve immediately.

Helpful Hints:

1. Rice Noodles or rice sticks can be purchased at any Asian grocery store.
2. Prepared shredded slaw mix can be used instead of using a food processor to save time.
3. Use a large wok or very large Dutch oven may be helpful to make room for the expanding noodles.

Portion: 12

Serving Size: 2 cups = 1 medium vegetable

Adapted from www.davita.com/recipes



