



PUJOLS FAMILY FOUNDATION BATTER UP COOKING PROGRAM

CHICKEN CHOW MEIN

1 $\frac{3}{4}$ cup chicken broth

$\frac{1}{4}$ cup soy sauce

3 tablespoons cornstarch

1 tablespoon vegetable oil

1 pound skinless, boneless chicken breast,
cut into thin strips

2 cups thinly sliced bok choy

1 bag (8 ounces) shredded carrots

3 green onions, thinly sliced

1 can (8 ounces) bean sprouts, drained

1 can (8 ounces) sliced water chestnuts,
drained

4 cups chow mein noodles

1. In small bowl, combine chicken broth, soy sauce and cornstarch; stir with wire whisk. Set aside.
2. Heat wok or large skillet over medium-high heat. Add oil and chicken strips; stir-fry for 4 to 6 minutes, or until chicken is no longer pink. Remove to paper towel-lined plate to drain; set aside.
3. Add bok choy, shredded carrots, and green onions to hot wok; cover and cook stirring often until vegetables are crisp-tender, about 5 minutes.
4. Add bean sprouts and water chestnuts; cook for 2 minutes.
5. Whisk chicken broth-cornstarch mixture until well combined. Pour over vegetables in wok; cover and cook for about 4 minutes or until sauce is thickened.
6. Stir chicken strips into vegetables and serve over chow mein noodles.
Makes 6-8 servings.

