



CHOP SUEY

A Filling and Hearty Dish, Loaded With Tons of Fresh Vegetables, With A Thick Yet Mild Sauce

Let's start off by addressing the elephant in the room... Chop Suey's bad rap. It's usually considered disgusting 'strip mall' Chinese fast food that nobody orders. Or if you're like me... you were traumatized by the 'canned' chop suey back when you were a kid. REAL chop suey is fantastic. It is a wide assortment of veggies and a meat, cooked and tossed with a very light and savory sauce. You can customize this dish a million ways. Though my recipe is Chicken Chop Suey, I'm presenting it merely as 'chop suey', so you can use this as a template for your own creation.

Ingredients:

Meat:

- 1-1/2 lb chicken breast, sliced into thin strips
- 1/2 tsp baking soda, dissolved into 1 Tbsp water
- 1 Tbsp reduced sodium soy sauce

Sauce:

- 1 cup fat free beef or chicken broth
- 1-1/2 Tbsp cornstarch, dissolved into the broth
- 1 Tbsp PLUS 2 tsp oyster sauce
- 1 tsp sesame oil
- 1 Tbsp PLUS 1 tsp 'Dark' soy sauce
- 1 Tbsp white wine (see notes)
- 1 tsp rice vinegar
- 1 tsp balsamic vinegar
- 1 Tbsp 0 calorie brown sugar replacement o' choice
- 1/2 tsp cracked black pepper
- 5 medium garlic cloves, minced

Veggies:

- 1 LARGE onion, quartered and thin sliced (around 3 cups)
- 2 cups celery, sliced on a bias (around 3-4 ribs)
- 2 large carrots, sliced on a bias about 1/4" thick, then cut into strips (see picture 1A), around 2 cups.
- 2 cups green leafy vegetable, loosely packed, rough chopped. Though not traditional, I used tuscan kale. (see notes)
- 10 to 12 oz canned 'baby' corn, sliced in half, lengthwise
- 1/2 cup canned bamboo shoots or water chestnuts.

Servings Info.:

Yield: 9 cups
 Servings: 6
 Serving Size: 1.5 cups



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- last checked 11/22/22 -
 Use your mobile device's 'Camera' App to
 look at this code for nutritional info.

Directions:

1. Mix together the chicken with the baking soda/soy sauce. Set aside for 20-30 minutes.
2. Mix the sauce ingredients together, set aside.



3. (A) Slice the carrots on a bias, then slice into thin strips. (B) Slice all of the other vegetables as directed, minus the 'bamboo shoots', they come already sliced. Set aside. (C) Heat a LARGE high walled pan over medium high heat for 1 minute. Spray with cooking spray, cook chicken for 5 minutes, till just cooked through. Remove from pan. (D) Add carrots to pan, turn heat up to high, cook 1 minute. Add onions, cook for 2 more minutes.



4. (A) Add celery, bamboo shoots and sliced corn to the pan and cook for 1 more minute. Add the green leafy veggie, toss, cover with a lid and cook for 1 more minute. (B) Add the chicken back into the pan, then pour in the sauce. (C) Continue to cook, tossing and stirring for 2-3 more minutes, or until the sauce thickens and coats everything. (D) Place onto a large platter, serve immediately. As an optional garnish, you can top your platter with up to 7/8 tsp of sesame seeds for 0 points. Another nice garnish would be some thin sliced green onion.

SUBSTITUTION IDEAS:

- You can add fresh minced ginger to the sauce in addition to, or in place of the garlic.
- If you don't want to use canned bamboo shoots, you can use canned 'sliced water chestnuts'. They are pretty crunchy, so you should add them into the dish at the same time as the onions.
- This is an 'empty out your fridge' kind of dish, as far as veggies go. You can replace any of the onions, celery or carrots with whatever you have on hand. Bell peppers, small broccoli florets, broccoli rabe, green snap peas, mushrooms... pretty much anything can go in this dish. Just try to keep the same 'amount', in total, as the other veggies. Otherwise, you'll have less servings and you'll need to adjust the points.
- I used 'Tuscan Kale' for my dish because my local store was out of Bok Choy. I chose Tuscan kale over regular kale because it's a darker color and the ribs on Tuscan kale aren't as hard. Collard greens, mustard greens, regular kale (remove the ribs), or cabbage are other choices for green leafy veggies you can use in place of the tuscan kale that I used. You can ALSO use spinach.... but you'll need about 100lbs of it, considering how much spinach cooks down.
- Another common 'bulk' item in a dish like this, would be adding bean sprouts.

NOTES:

- **PROTEIN:** I'm using chicken, but you can obviously make this dish with beef, pork, or tofu. Adjust points if needed.
- **OYSTER SAUCE:** My wife HATES oyster sauce... a fact I learned after I made this dish. If you are vegetarian, or don't like the slight seafoody taste of oyster sauce, you can purchase vegetarian oyster sauce at stores. It's made from mushrooms.
- **DARK SOY SAUCE:** I used 'Sushi Chef' brand, to calculate the points for this recipe.
- **LARGE FRYING PAN vs. WOK:** I'm using a large pan instead of a Wok, because most people don't have woks. My recipes will always use common equipment in their preparations, to make the dishes as accessible as possible. Hence, why I also don't use an air fryer or grill. Not everyone has a grill, but everyone has an oven or toaster oven.
- **WHITE WINE:** Traditional recipes call for Chinese cooking wine. Because it's high in points and I don't want to make you order it, we're making an easy substitution. By mixing some white wine with a little 'brown sugar', rice vinegar and balsamic vinegar, we get a similar flavor profile with ingredients you probably already have in your pantry.
- **POINTS:** On both plans, only the first serving is 0 points. After that, you can have up to 4 servings for 1 point. Though I hiiiiighly don't recommend eating 6 cups of this. 0 points doesn't mean 0 calories. Plus... you'll pop.

