



Moo Goo Gai Pan

Chicken and a Wide Assortment of Vegetables In A Thick, Savory Sauce

Confession time! Prior to making this recipe, I have never had 'Moo Goo Gai Pan' in my entire life... which is preeetty much on par with most of the dishes in this cookbook. :-)) That being said, I will definitely order it, if I want an entree so loaded with veggies you'd mistake it for a farmer's market stall. Unlike every other Asian recipe I've made up to this point, this is the first one that doesn't have a single drop of soy sauce in it. Moo Goo Gai Pan has a thick, 'clear', gravy-like sauce, which is primarily just seasoned broth, thickened with cornstarch..

Servings Info.:

Yield: 9 cups

Servings: 6

Serving Size: 1.5 cups



R D

0-0

- last checked 11/26/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Ingredients:

Meat:

- 1-1/4 lb chicken breast, sliced into thin strips
- 1/4 tsp baking soda, dissolved into 2 tsp water

Sauce:

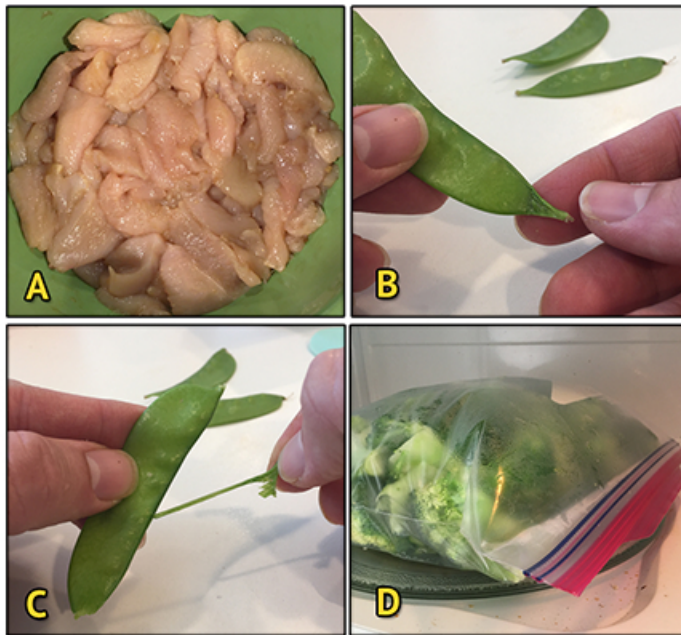
- 1-1/4 cups fat free chicken broth
- 2-1/2 Tbsp cornstarch
- 1 tsp sesame oil
- 1 Tbsp rice vinegar
- 4 medium garlic cloves, crushed and minced
- 1/2 tsp ginger, minced
- 1/2 tsp salt
- 1 tsp 0 point sweetener o' choice (I used lakanto monkfruit)
- 1/4 tsp black pepper

Veggies: (highly customizable, see notes)

- 8 oz sliced mushrooms, any variety you want
- 1-1/4 cup carrots, thin sliced
- 8 oz broccoli florets
- 1 cup snow peas (not snap or sugar peas!)
- 1 large onion, halved and thin sliced
- 8 oz canned bamboo shoots, drained
- 8 oz canned water chestnuts, sliced, drained
- Toasted sesame seeds for garnish, no more than 1 tsp.

Directions:

1. Mix the sauce ingredients together, set aside.



2. (A) Mix together the chicken and baking soda/water solution. Set aside for 20-30 minutes. (B) Now let's start prepping the veggies. Take your snow peas and grab the one hard, pointy side with your finger nails. (C) Pinch, to JUST break off the hard tip, then pull back and up, along the length of the snow pea. You'll pull off a hard little string. Those strings go in the trash. (D) Place the broccoli florets in a large ziplock bag with a splash of water. Poke a tiny hole in the bag, then microwave for 1-1/2 minutes. Remove broccoli from bag, set aside.

3. Let's get cookin'! Get out a LARGE, high walled pan and put it over medium-high heat, for 1 minute. Spray the pan with cooking spray, then immediately...



4. (A) Add the chicken to the hot pan and cook over medium-high heat for 5 minutes, or till just cooked through. Remove from pan, set aside. (B) Return pan to heat, spray with cooking spray, then add the carrots, mushrooms and onions. Cook for 4-5 minutes, or till the onions and mushrooms just start to soften and brown. (C) Add the snow peas, par-cooked broccoli, canned bamboo shoots and sliced water chestnuts. Toss and cook for 1-2 minutes. (D) Return the cooked chicken back to the pan, then pour in the sauce. Cook for 4-5 minutes, or until the sauce thickens and coats all of the ingredients in a thick, gravy-like sauce. Garnish with sesame seeds.

NOTES:

- **PROTEIN:** I'm using chicken, but you can obviously make this dish with beef, pork, or tofu. Adjust points if needed. If you use tofu... don't use the baking soda... obviously.
- **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.
- **VEGETABLE SUBSTITUTIONS:** You can obviously use whatever veggies you want for your dish, using my recipe as a template. No matter what veggies you swap in or out try to keep the measurements the same, so that the servings and points will remain the same. Don't like water chestnuts? Fine, add some thin sliced celery. Want to swap out the bamboo shoots with more carrots or a different filler? Be my guest. I'm not a recipe snob. Use what'cha got, baby! ;-)
- **SODIUM.:** As I've mentioned, this is the only dish in this entire book which doesn't call for any soy sauce. As a result it's the most 'sodium friendly', for folks on a sodium restrictive diet. The only real noteworthy amount of salt in this dish, comes from the chicken broth. But, remember to look at the nutritional info at the back of the book, to get an accurate approximation of the sodium per serving for this dish.
- **POINT INFO.:** I feel that I always need to mention this: Though a serving of this is 0 points on both plans, that's only the first serving. I put this recipe together to be as light and healthy as possible. As a result, you can have up to 3 servings for only 1 point, on both plans. HOWEVER... just because you CAN have a lot of servings, doesn't mean you should. I wouldn't recommend eating 4.5 cups of this stuff "just because it's 1 point! woohoo!" That would completely negate the reason we're cooking like this. That'd be like saying "It's healthy to eat 10 low point Lean Cuisine dinners in one night, because I have the points for it!" No, no it isn't.

