



CHOW MEIN

A Lightened Up Take On Basic Chow Mein Noodles

There are so many variations on how to properly cook traditional Chow Mein noodles it'd make your head spin, so I'll just start off by saying, this is not traditional. This is my low calorie, low fat take on the Chow Mein from Panda Express. I use store bought 'Soba' noodles in this recipe, but you are more than welcome to use any type of noodles you want. The amount of cabbage and onion may seem like a lot, but they cook down. I tried the recipe with half the veggies, but I really preferred it using the full amount of cabbage and onion, as shown below. If you'd like this to be more of a main course, you can add chicken, shrimp, pork, beef or tofu. Doing so will add bulk to the dish, giving you even more servings, so you'll need to adjust the points.

Ingredients:

Noodles:

- 6oz package of dried Asian 'Soba' style noodles. I used 24 points worth. Different brands have different point values. They are located in the Asian food aisle.

Veggies:

- 1 large onion, halved, and thin sliced.
- 1 large head of cabbage. Core removed, slice the cabbage in half, then slice each half into (4) 1/4's (pictured in 1A).

Sauce:

- 3 Tbsp reduced sodium soy sauce
- 3 Tbsp oyster sauce

Additional Ingredients:

- Green onion, thin sliced on a bias, for garnish.
- 1 tsp sesame seeds, for garnish

Servings Info.:

Yield: 6 cups

Servings: 6

Serving Size: 1 cup



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4-4

- last checked 11/21/22 -
Use your mobile device's 'Camera' App to
look at this code for nutritional info.

Directions:



1. (A) As listed in the ingredients, slice the large head of cabbage in half, then cut each half into 1/4's as shown. (B) Slice each of the sections into roughly 1/4 inch thick strips, then chop across them all a few times. Set aside. (C) Slice the onion in half, lengthwise, then cut into 1/4 inch wide strips. Place the onions and cabbage into a large mixing bowl, season with some salt, toss, then set aside for later use. (D) I'm pretty much only including this picture, so you can see the type of 'Soba' noodles I used. As long as what you get says Soba on it, you should be fine.

2. Bring a large pot of water to a boil, then preheat a LARGE pan or a wok over high heat for 30-40 seconds.



3. (A) Spray the hot pan with cooking spray, then add the onions and cabbage. Cook for 5-6 minutes, till the veggies start to sweat and slightly brown. (B) While the veggies are cooking down, add your 'Soba' noodles to the boiling water. The packaging says to cook them for 2 minutes, but we want them to be plumper, so I cook them for 6 minutes. (C) Drain the noodles and rinse them off with cold water to stop them from cooking and getting mushy. While they are in the colander, use scissors to snip them 2 or 3 times. "WHAT!?!?!? Cuttin the noodles!?!?" We're shooting for shorter noodles, like at Panda Express. Leave them long if you want, Nancy! (D) Now, your veggies should have some caramelization to them. So now, (E) gently fold the noodles into the vegetables, to combine. (F) Pour in the soy sauce and oyster sauce. Fold it all together till the noodles are well coated. Done.
4. Serve hot. Garnish with thin sliced green onions, cut on a bias, along with sesame seeds.

NOTES:

- **NOODLES:** For this recipe, I used 'Soba Noodles', which are in the Asian food aisle. There are many different brands and varieties, all with varying points. The package that I bought was 6oz for a total of 24 points.
- **NOODLE SUBSTITUTIONS:** You can use any type of noodle you would like. 8oz of regular whole wheat spaghetti can be used in place of the Soba noodles, though the texture will be different. You can also use other types of Asian noodles, even the vacuum sealed soba or buckwheat noodles in the refrigerated Asian foods section. You do you. However, remember that my recipe assumes 24 points of DRIED noodles.... which expand and make a lot more pasta than 24 points of already cooked ,vacuum sealed Asian noodles.

