



Noodle Bowl

Ingredients:

1 pound skinless, boneless chicken breast
1 tablespoon (red chile paste)
1 tablespoon reduced sodium soy sauce
1 tablespoon reduced sodium teriyaki
1 tablespoon rice wine vinegar
4 1/2 cups unsalted chicken broth
2 tablespoons white miso (Korean soybean paste)
1 tablespoon minced garlic
1 tablespoon minced ginger
2 tablespoon peeled carrot
1 pound firm water-packed tofu, cubed
3 baby bok choy (about 6 ounces), halved
4 ounces Buckwheat noodles
2 tablespoons snow peas
6 tablespoons sliced green onions
2 tablespoons sliced peppers

Preparation:

1. Rub chicken breasts and tofu with the red chili paste and miso paste; grill over medium-high heat 4 minutes on each side. Let stand 10 minutes; cut into large dice. Mix soy sauce, teriyaki, rice wine vinegar, garlic and ginger to create sauce.
2. Bring stock to boil and add noodles. Reduce heat to medium and simmer 10 minutes. Add bok choy and other veggies; reduce heat to low.
3. Add prepared sauce to broth as a whole or portion directly to serving bowls after preparation. Portion out noodles, veggies and broth to 4 bowls. Top with chicken, tofu and green onion.

Nutritional Info

- Servings Per Recipe: 4
- Amount Per Serving
- Calories: 350.0

- Total Fat: 9.5 g
- Cholesterol: 68.4 mg
- Sodium: 732.0 mg
- Total Carbs: 31.1 g
- Dietary Fiber: 7.5 g
- Protein: 38.5 g