



## Everything Zucchini-Noodle Lo Mein



1/2 of recipe: 335 calories, 9g total fat (2.5g sat. fat), 807mg sodium, 21g carbs, 5.5g fiber, 12g sugars, 43g protein

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**Prep:** 15 minutes    **Cook:** 15 minutes



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### Ingredients

- 2 tbsp. reduced-sodium/lite soy sauce
- 2 tsp. crushed garlic
- 1 tsp. sesame oil
- 1 packet natural no-calorie sweetener (like Truvia)
- 3/4 tsp. onion powder
- 4 oz. raw boneless skinless chicken breast, cut into bite-size pieces
- 1 cup bean sprouts
- 1 cup frozen stir-fry vegetables
- 1/2 tsp. garlic powder
- 4 oz. (about 12) raw medium shrimp, peeled, tails removed, deveined
- 4 oz. thinly sliced raw lean flank steak
- 20 oz. (2 - 3 medium) spiralized zucchini
- 1/3 cup chopped scallions

### Directions

To make the sauce, in a small bowl, combine soy sauce, crushed garlic, sesame oil, sweetener, and 1/4 tsp. onion powder. Mix well.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add chicken, bean sprouts, frozen veggies, and 1/4 tsp. each garlic powder and onion powder. Cook and stir for 3 minutes.

Add shrimp, steak, and remaining 1/4 tsp. each garlic powder and onion powder. Cook and stir until chicken, shrimp, and beef are fully cooked and veggies are soft, about 3 minutes.

Add spiralized zucchini and scallions. Cook and stir until hot and slightly softened, about 3 minutes.

Transfer wok contents to a strainer, and thoroughly drain excess liquid.

Return wok to medium-high heat, and return drained mixture to the wok. Add sauce, and cook and stir until evenly distributed and mostly absorbed, about 2 minutes.

**MAKES 2 SERVINGS**

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