



## So Low Mein with Chicken



1/4th of recipe (about 1 1/2 cups): 177 calories, 1.5g total fat (<0.5g sat fat), 925mg sodium, 21.5g carbs, 6g fiber, 7g sugars, 18g protein

**Green Plan [SmartPoints](#)® value 3\***

**Blue Plan (Freestyle™) [SmartPoints](#)® value 2\***

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



Tagged: [Lunch & Dinner Recipes](#), [30 Minutes or Less](#), [Four or More Servings](#)

### Ingredients

3 bags House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute  
1/4 cup reduced-sodium/lite soy sauce  
1 tbsp. cornstarch  
1 tbsp. granulated white sugar  
2 tsp. chicken-flavored powdered consommé  
One 12-oz. bag frozen stir-fry vegetables  
8 oz. raw boneless skinless chicken breast, cut into strips  
1 cup bean sprouts  
1/2 cup chopped mushrooms  
1/2 cup thinly sliced zucchini  
1/2 cup chopped scallions  
1/4 cup shredded carrots

### Directions

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles.

To make the sauce, in a medium bowl, combine soy sauce, cornstarch, sugar, and consommé. Add 1/2 cup hot water and stir until cornstarch dissolves.

Bring a wok (or large skillet) sprayed with nonstick spray to medium-high heat. Add all ingredients except noodles and sauce. Cook and stir for 5 to 7 minutes, until chicken is cooked through and all veggies are hot.

Add sauce and cook and stir until thickened, about 3 to 4 minutes.

Add noodles and cook and stir until well mixed and hot, about 2 minutes. Serve and enjoy!

**MAKES 4 SERVINGS**

[SmartPoints](#)® value\* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the [SmartPoints](#)® values\* of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

\*The [SmartPoints](#)® values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the [SmartPoints](#)® trademark.