



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

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

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

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

We may receive affiliate compensation from some of these links. Prices and availability are subject to change.

We may have received free product samples, which in no way influences whether these products are reviewed favorably, unfavorably, mentioned with indifference, or mentioned at all. Click for more about our [editorial](#) and [advertising](#) policies.

*The WW Points® values for these products and/or recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by WW International, Inc., the owner of the Points® trademark. For those on the Diabetic Plan, values may vary.

Questions on the WW Points® values listed? [Click here.](#)

Hungry Girl provides general information about food and lifestyle. This information and any linked materials are not intended and should not be construed as medical advice, nor is the information a substitute for professional medical expertise or treatment. [Click here](#) for more information.

