

Yield: Serves Six (1.5 cup servings)

Ingredients:

- ♥ 8 oz Rice Noodles (Mai Fun) or Mung Bean Noodles
- ♥ 1 pound Chicken Breast (diced) or 1lb cooked Shrimp (40 large)
- ♥ 1 tablespoon crushed red pepper
- ♥ 2 tablespoons of fish sauce
- ♥ 1 large lime (halved)
- ♥ 2 cups frozen (thawed) long leaf Spinach (9 ounce package)
- ♥ 1 cup shredded carrots
- ♥ ½ bunch of cilantro (chopped)
- ♥ 1 stalk of green onion/scallion (chopped)
- ♥ ½ small red onion (diced)
- ♥ 2 fresh Thai chili or 1 jalapeno peppers (dice before cooking)
- ♥ ½ cup unsalted roasted peanuts, coarsely chopped

Preparation:

1. Add rice noodles to 4 quarts of boiling water in large sauce pan. Cook for 2-4 minutes (or follow cooking instructions on package).
2. Strain noodles and set aside in strainer (in sink).
3. Dice red & green onions and cilantro & set on top of strained noodles.
4. Dice chili peppers; coat large sauce pan with non-stick oil spray.
5. Add diced chili peppers to sauce pan & toast under low heat, until darkened (set aside on top of pasta).
6. Season diced chicken with crushed red peppers. Add diced chicken to large sauce pan and sauté 8-10 minutes.
7. Add shredded carrots & sauté until carrots soften slightly (2-3 mins)
8. Add thawed spinach and mix in for about 2 minutes
9. Add noodles, onions, cilantro & peppers to chicken; turn heat off & mix.
10. Add juice from limes and fish sauce to noodle mixture & mix well.
11. Serve on plate (warm or cold); garnish top with peanuts (1 tablespoon per plate).

Nutrition Analysis (per serving)

♥ Calories: 301 ♥ 6g Total Fat ♥ 1g Saturated Fat ♥ 0g trans fat ♥ 37 mg Cholesterol
♥ 530 mg Sodium ♥ 5g Fiber ♥ 40g carbohydrates ♥ 23g protein

Dietary Exchanges: 2 ½ starches, 1 vegetable, 2 lean meats

How Does Restaurant Thai Noodles Compare to Heart Healthier Thai Noodles?

Take-Out Thai Noodles	Heart Healthier Thai Noodles
▲ Fat, Calories & Sodium	▼ Fat, Calories & Sodium
Calories 700	Calories 301 ▼57%
Fat 20 grams	Fat 6 grams ▼70%
Saturated Fat 3 grams	Saturated Fat 1 gram ▼66%
Cholesterol 157 grams	Cholesterol 37 milligram ▼76%
Sodium 1895 milligrams	Sodium 530 milligrams ▼72%
Cost Per Serving \$6.00	Cost Per Serving \$1.40

