

## Doctor Jacq's Pre-Game Chicken Chow Mein

### Pasta

- 8 ounces dry whole grain spaghetti
- 2 cups celery, chopped
- 2 cups onion, diced
- 2 cups carrots, chopped
- 2 cups cabbage, shredded
- 1½ cups chicken breast, diced
- 3 teaspoons grapeseed or coconut oil
- sesame seeds for garnish, optional
- 1 bunch cilantro, chopped for garnish, optional

### Sauce

- ½ cup reduced-sodium soy sauce
- 4 tablespoons brown sugar
- 4 tablespoons water
- 4 cloves garlic, minced
- 4 teaspoons ginger paste or finely minced fresh ginger

1. Cook the spaghetti for about 6-7 minutes just until soft. Do not over cook.
2. In the meantime, prep all vegetables and dice the chicken. Set aside.
3. In a small bowl, add all sauce ingredients and mix until well blended. Set aside.
4. Heat 3 teaspoons of oil in pan on medium-high heat. Add celery, onions and carrots and saute over medium-high heat for several minutes until vegetables become soft. Add cabbage and chicken. Saute another 5-6 minutes until soft and chicken is cooked through. Turn down to medium heat, add noodles and soy sauce mixture. Stir-fry for about 2 minutes or until noodles are heated through. Add chopped cilantro and/or sesame seeds for garnish.
5. Store any leftovers in the fridge for a few days.

