

Mo (moo) Indonesian Stir Fry

This recipe is a good source of vitamin A, which keeps eyes and skin healthy.

Ingredients:

- 4 cups water
- 2 3-ounce packages ramen noodles
- 1/2 cup water
- 1/4 cup peanut butter
- 2 tablespoons soy sauce
- 1 tablespoon vegetable oil
- 2 boneless, skinless chicken breasts, cut in thin strips
- 1 teaspoon crushed red pepper flakes
- 1 teaspoon finely chopped fresh ginger or 1/2 teaspoon ground ginger
- 2 large carrots, thinly sliced (about 2 cups)
- 1/2 large head cabbage, thinly sliced (about 6 cups)
- 1/4 cup thinly sliced green onions

Directions:

1. Bring 4 cups water to boil in a medium pot. Add noodles, cover and remove from heat (do not add flavor packets). Wait one minute, drain noodles and set aside.
2. In a small pot, combine peanut butter, soy sauce, and 1/2 cup water. Heat over low heat, stirring until smooth. Remove from heat.
3. Heat oil in a large skillet over medium heat (300 degrees in an electric skillet). Add chicken and cook 5 minutes or until no longer pink.
4. Add red pepper, ginger, and carrots. Cook 2 minutes.
5. Add cabbage and green onions. Cook 2-3 minutes or until vegetables are tender.
6. Add cooked noodles and peanut sauce; toss and serve immediately.
7. Refrigerate leftovers within 2-3 hours.

Bright Ideas:

Nutrition Facts			
Serving Size 1 cup (140g)			
Servings Per Container 10			
Amount Per Serving			
Calories	150	Calories from Fat	45
% Daily Value*			
Total Fat	5g		8%
Saturated Fat	1g		5%
Trans Fat	0g		
Cholesterol	15mg		5%
Sodium	330mg		14%
Total Carbohydrate	18g		6%
Dietary Fiber	4g		16%
Sugars	4g		
Protein	10g		
Vitamin A	90%	Vitamin C	30%
Calcium	4%	Iron	4%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
		Calories	2,000 2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
		Fat 9	• Carbohydrate 4 • Protein 4

10 servings, 1 cup each

Source: Janice Smiley, OSU Extension, Washington County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>