One Pot Chicken Lo Mein



What You'll Need

- ½ lb. boneless skinless chicken breast, cut into small strips
- 1 box (16 oz.) whole wheat linguini
- 8 oz. matchstick carrots
- 1 medium Red Sun Farms sweet red bell pepper, julienned
- 8 oz. sliced mushrooms
- 4 green onions, sliced into 1-inch strips
- 4 cloves garlic, minced
- ¼ cup reduced-sodium soy sauce
- 1 tsp. corn starch
- 2 Tbsp. sugar
- 1 qt. low-sodium chicken broth
- 2 Tbsp. olive oil

Directions

1. Add chicken and pasta, then carrots, bell pepper, mushrooms, onions, garlic, soy sauce, cornstarch, sugar, broth and oil to large stockpot.
2. Cover, bring to a rolling boil over high heat and stir.
3. Cook, covered, 15 minutes, stirring occasionally, or until most of the liquid is gone and the chicken is cooked through.
4. Remove from heat, uncover and let sit 5 minutes before serving.