

# Pantry Pancit

## *Filipino-inspired noodles*

- This is a quick and easy one-pot version of Filipino noodles that can be adjusted to what you have on hand.
- You can use a variety of noodles for this dish. The difference will be how quickly the liquid soaks into the noodles. If you use rice noodles, the cook time will be about 5 minutes, after adding the noodles.
- Use your favorite vegetables! Cabbage (any variety), carrots, snow peas and green beans are traditional for this dish!
- Don't have chicken broth? You can substitute for veggie or beef broth or just use water and a little extra soy sauce.
- Add condiments to your plate, like extra soy sauce, chili sauce (like sambal or sriracha), and lime juice to adjust the flavor to your preferences.

## Nutrition Facts

4 servings per container  
**Serving size** 1 1/2 cup

**Amount per serving**  
**Calories** **330**

**% Daily Value\***

**Total Fat** 11g **14%**

Saturated Fat 3.5g **18%**

Trans Fat 0g

**Cholesterol** 30mg **10%**

**Sodium** 590mg **26%**

**Total Carbohydrate** 46g **17%**

Dietary Fiber 6g **21%**

Total Sugars 6g

Includes 0g Added Sugars **0%**

**Protein** 17g

Vitamin D 0mcg 0%

Calcium 33mg 2%

Iron 2mg 10%

Potassium 359mg 8%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

# Pantry Pancit

Servings: 4

Prep Time: 30 minutes



## Ingredients:

- 2 chicken thighs (about 3/4 pound), thinly sliced
- 2 tablespoons low-sodium soy sauce
- 1 tablespoon oil
- 1 1/2 teaspoons garlic, minced
- 1/2 onion, sliced
- 2 cups mixed vegetables, thinly sliced
- 1/2 teaspoon black pepper
- 2 1/2 cups low-sodium chicken broth
- 7 oz (about 1/2 of a box) whole wheat or regular pasta, long noodles work best

## Directions:

1. In a medium bowl, **mix** the chicken with 1 Tbsp of soy sauce. Set aside to marinate
2. **Heat** the oil In a wok or large pan with tall sides over high heat.
3. **Add** garlic to the pan and **quickly coat** in the oil. **Immediately add** the chicken and mix. **Spread** the chicken in an even layer. **Sauté** until the chicken is white, but not cooked through.
4. **Add** the onions and mixed vegetables. If using cabbage, add in step 6. **Add** the rest of the soy sauce and the black pepper. **Cook** until well-combined.
5. **Add** the chicken broth. Bring up to a boil.
6. **Add** the noodles, stirring into the liquid. **Add** the cabbage. **Cook** until all the liquid is evaporated, about 9 minutes.
7. **Garnish** with cilantro and green onion and your choice of condiments. Enjoy!

Recipe Credit: Theavy Tep-Rutkowski, Dietetic Intern

Adapted from: Theavy's mom

For more recipes and nutrition resources  
visit [bit.ly/ACFBNutritionResources](https://bit.ly/ACFBNutritionResources)