

PANCIT

INGREDIENTS

- 8 ounces **rice stick noodles** (bihon)
- 2 cups **green cabbage**, shredded
- 2 medium **carrots**
- 2 stalks **celery**
- 1 (12 ounce package) **fresh green beans**
- 1 pound **chicken breast**, boiled
- 3 cloves **garlic**
- 1 small **round onion**
- 2 tablespoons **vegetable oil**
- 2 tablespoons **less sodium soy sauce**
- 1 cup **chicken broth**
- ¼ cup **green onions**, chopped
- Optional: **calamansi** or **lime**

DIRECTIONS

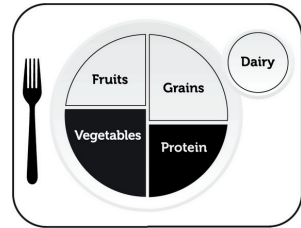
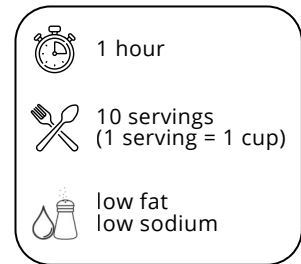
Always practice food safety when cooking.

- 1) In a medium bowl, soak rice noodles in warm water for 5 minutes. Drain in a colander and set aside.
- 2) Shred cabbage by cutting into thin slices. Set aside.
- 3) Cut carrots into thin ⅛ inch strips like matchsticks. Set aside.
- 4) Cut celery into ½ inch slices. Set aside.
- 5) Cut green beans into thin diagonal slices. Set aside.
- 6) Slice cooked chicken into thin strips. Set aside.
- 7) Mince garlic. Set aside.
- 8) Cut onion into ¼ inch slices.
- 9) Heat oil in a large pan over medium heat. Add garlic and onion into the pan and sauté for about 3 minutes or until onion is soft and somewhat clear.
- 10) Add sliced cabbage, carrots, celery, green beans, and chicken. Stir-fry for about 3 to 4 more minutes or until the green beans are slightly wilted. Remove from pan and place in a medium size bowl.
- 11) Add soy sauce, chicken broth, and soaked rice noodles to pan. Stir and simmer for about 3 more minutes or until noodles have absorbed the broth.
- 12) Top noodles with chicken and vegetable mixture. Sprinkle chopped green onions and flavor with freshly squeezed calamansi or lime juice, if desired.

NOTES

- Reduced sodium chicken broth can be used for a lower sodium version.
- Dried shrimp may be added.
- Cooked lean pork can be used in place of the chicken.

Adapted from Northwest Kidney Centers



Nutrition Facts	
10 servings per container	
Serving size	1 cup (229g)
Amount per serving	
Calories	220
	% Daily Value*
Total Fat 5g	6%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 40mg	13%
Sodium 380mg	17%
Total Carbohydrate 29g	11%
Dietary Fiber 3g	11%
Total Sugars 5g	
Includes 0g Added Sugars	0%
Protein 16g	
Vitamin D 0mcg	0%
Calcium 56mg	4%
Iron 1mg	6%
Potassium 455mg	10%

*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.