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Honey Jalapeño Chicken *with* Soba Noodles

INGREDIENTS (4 SERVINGS):

12 OZ	Soba noodles	2 TSP	Olive Oil
1/4 C	Jalapeño peppers, sliced	10 OZ	Chicken Breast
1/3 C	Jalapeño peppers, sliced	1 TBLS	Lite soy sauce
1/4 C	Fresh cilantro, chopped	2 TSP	Sesame oil
1/2 TSP	Black pepper	1/4 C	Green onion, chopped
3 TBLS	Water	2 TBLS	Ginger pickle, minced

PREPARATION:

Bake chicken breasts until temperature reaches 165 degrees, then cut into shredded pieces.

Cook soba noodles according to package directions. Drain and set aside.

In a blender or food processor combine jalapenos, honey, cilantro and pepper. Puree until smooth. Add two to three tablespoons of water to the mixture until desired consistency is achieved.

Pour olive oil into a pre-heated skillet. Add the shredded chicken and the blended sauce. Cook until heated thoroughly.

In a medium bowl, combine cooked soba noodles, soy sauce, sesame oil, green onions and pickled ginger. Toss and then transfer to a serving bowl.

Pour heated chicken and sauce over the noodles.

NUTRITION:

347 calories, 7 grams fat, 24 grams protein, 623 milligrams sodium, 48 grams cholesterol

