



Teriyaki Noodle Stir Fry

Preparation time: 30 minutes Serving size: Four, 6oz servings

Ingredients:

- 8oz Dried Pasta Noodles such as spaghetti, linguini, or angel hair
- 4oz Cooked Chicken (or meat of choice)
- ¾ Cup Teriyaki Sauce/Marinade
- ½ Onion, sliced thin
- 1 Red Bell pepper, sliced thin
- 1 Tablespoon Garlic Powder
- 1 teaspoon salt
- 1 tablespoon cooking oil

Directions:

1. Cook Pasta Al dente, set aside
2. In a large wok, skillet, or saute pan, set heat to HIGH and add oil to bring up to temperature
3. When pan and oil is almost smoking, add your vegetables, spices, noodles, and chicken. Stir fry for 3 minutes.
4. Add Teriyaki Sauce/Marinade to pan and cook everything together until sauce is almost dry. Once sauce has been reduced, transfer to dish and serve



An EEO/AA Institution: Extension is a unit of the University of Nevada, Reno's College of Agriculture, Biotechnology & Natural Resources engaged in Nevada communities, presenting research-based knowledge to address critical community needs. It is a county-state-federal partnership providing practical education to people, businesses and communities.



This material was funded, in part, by USDA's Supplemental Nutrition Assistance Program (SNAP). This institution is an equal opportunity provider.



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