



*Symmetry*

**Chiropractic**  
A different approach

The Community Resource Center For Optimal Health And Healing

### CHICKEN AND VEGETABLE LO MEIN



- 1 Pkg Miracle Noodle (or Konnyaku Noodles) Rinsed well and drained
- 12 oz Chicken Breast (cut into thin strips)
- 1/4 Oyster Mushrooms (roughly chopped)
- 1/2 Green Bell Pepper (cut into thin strips)
- 3 Garlic Cloves (sliced)
- 1 Tsp chopped Ginger
- 1/2 bunch Green Onions (chopped)
- Handful of Cilantro (roughly chopped)
- 3 heads of Baby Bok Choy (individual leaves separated)
- 1 1/2 packet of Stevia
- 3 Tbsp Tamari
- 1 Tsp Chili Flakes
- Pinch of Sea Salt
- Juice from 1/2 Lime

Brown chicken in GrapeSeed oil in 2 batches on high heat and set aside. In same pan, brown all vegetables (including garlic and ginger) **except** cilantro, green onion and bok choy. Add chicken, liquid ingredients and seasonings. Taste for seasoning. (because this how the noodles will taste once they are added)

Add noodles, baby bok choy, cilantro and green onion. Continue to cook while stirring for approximately a minute. Enjoy.

Serve with Siracha or garlic sauce. Serves 2.

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### HAVE YOU BEEN MISSING YOUR NOODLES? LONG NO MORE!

Miracle Noodle is made of naturally water soluble fiber with no fat, sugar, or starch and easily absorbs the flavors of any soup, dish, or sauce. You can purchase Miracle noodle from their website [www.miraclenoodle.com](http://www.miraclenoodle.com). Farmer Joes in Oakland (the Fruitvale location) carries Ito Konnyaku (which is the same noodle) noodle in the refrigerated section. You can use this noodle for your pasta dishes (cold or hot), or in soups!



#### Keep in mind:

\*\*These noodles have no flavor and take on the flavor of the sauce or broth you cook with.

\*\*A serving size is half of the package.

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