Chow Mein Noodles

READY
Students continue experiential learning on the importance of maintaining a healthy and balanced diet. They will also learn how to cook different seasonal vegetables in a traditional ethnic dish.

SET
- Review the recipe and, if you have time, practice making the dish on your own.
- Copy the Healthy Chow Mein Noodles with Hmong Style Hot Sauce recipe on the back for each youth.
- Review Ingredients List and have all foods and materials ready to use at the beginning of lesson.
- Review Materials List and prepare sufficient supplies for each cooking station.
- Review Safe Food Handling Techniques (page #)
- Identify how many students per group and how many groups you will be teaching, and prepare sufficient supplies.
- Divide ingredients into equal amounts for each cooking station.

GO
1. Use the USDA MyPyramid guidelines, discuss the importance of eating 3-6 cups of fruits and vegetables everyday.
2. Review Safe Food Handling Techniques with youth. Emphasize safe knife handling and cross contamination.
3. Teach youth how to identify and prepare unfamiliar fruit and vegetable plants.
4. Give each youth a copy of the Healthy Chow Mein Noodles recipe for review.
5. Youth use the recipe to determine how to prepare the dish. Remind them to look at the top of the page for ingredients. Have them follow the preparation directions step-by-step.

Best Practice: Give youth copy of recipe at least 3-5 days prior to cooking for review.

Activity 4

SERVINGS
8 servings

TIME
Prep Time—15 minutes
Cook Time—45 minutes

MATERIALS
Copies of the recipe
Aprons
Listed ingredients in recipe

INSTRUCTOR’S ACTION PLAN

PREPARE BEFOREHAND
- Divide the ingredients equally between the groups

WELCOME
Welcome the students by shaking their hands and handing them aprons as they enter the class room. Remind them to wash their hands.

INTRODUCTION
Introduce the fruits and vegetables they will be incorporating into their dish. Use the fruit and veggie cards to cover the benefits of the fruits and vegetables for better health.

DEMONSTRATION
- Review basic steps of the recipe written on the board.
- Refer to the GO section on your left and present these topics during your demo in the beginning of the class.
Chow Mein Noodles

INGREDIENTS
Legend:
tsp = Teaspoon
Tbsp = Tablespoon
1 pack of Wel-Pac Chow Mein Noodles (12 oz)
2 medium chicken breasts, diced
2 Tbsp hoisin sauce
1 tsp sugar
1 chili
1 Tbsp freshly minced ginger or 1 tsp ground ginger
5 cups garden fresh seasonal veggies: carrots, broccoli, etc
1 cup mushrooms, optional
1 Tbsp unsalted butter
4 Tbsp low sodium soy sauce/Bragg
1 cup chicken broth
6 cloves of garlic
1 onion (1/2 for meat, 1/2 for veggies)
2 Tbsp cooking oil (sesame optional)
4 Tbsp of sesame seeds

Easy Prep Steps

1. Peel and mince the aromatics: garlic, onions, and chilies. Prepare the noodles by boiling a pot of water. Follow the direction on the package. Use two hot pads to carry the pot of noodles and drain it in a colander. Rinse the noodles under cold water for one minute and set it aside.
2. Marinate diced chicken with a seasoning mixture of sugar, ginger, and hoisin sauce. Add 1 Tbsp of oil to cook half of the onion, half of the garlic, and all of the chili and ginger for 5 minutes until tender. Add marinated chicken and stir on high heat (8 on the stove) for 20 minutes or until brown. Remove mixture from the pan into a clean bowl.
3. In a separate pan cook prepared vegetables that take longer to cook, such as broccoli and carrots. Then, add other soft vegetables like leafy greens.
4. Heat 1 Tbsp of unsalted butter in the pan on medium heat (5 on the stove). Add remaining onions, garlic, and cook for three minutes. Cook “hardy” vegetables first, such as (mushrooms optional), carrots, green beans, or broccoli for 5 minutes.
5. Add 1/3 cup chicken broth, cornstarch, and choice of seasonings to veggie pan. Add remaining “softer” vegetables and sauté for another 5-7 minutes until tender. Add the chicken to the vegetable pan and mix everything together until it is uniform. Remove from pan into a clean bowl.
6. In the same large pan, heat 2 Tbsp. of oil on medium heat (7 on stove). Add 1/2 of the cooked noodles and lightly fry with 2 Tbsp soy sauce. Add half of the veggie and chicken mixture. Lightly mix noodles until combined. Remove into clean bowl. Sprinkle sesame seeds on top.
7. Repeat the process again with the other half of the noodles, chicken and vegetables.
8. Serve with Hmong Style Hot Sauce (recipe on page 18a).

NUTRITION FACTS

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<th>Amount/Serving</th>
<th>Calories: 320</th>
<th>Calories from Fat: 140</th>
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<tbody>
<tr>
<td>% Daily Value*</td>
<td></td>
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<tr>
<td>Total Fat 12g</td>
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<tr>
<td>Saturated Fat 2.5g</td>
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<tr>
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<tr>
<td>Cholesterol 20mg</td>
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</tr>
<tr>
<td>Sodium 480mg</td>
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<tr>
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<tr>
<td>Iron 15%</td>
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*Percent Daily Values are based on a 2,000 Calorie diet.