

# Sesame Garlic Sheet Pan Noodle Bowl



*This simple recipe features a wide variety of fresh vegetables and whole wheat pasta for a healthy and convenient twist on traditional stir fry.*

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## Nutrition Info

- **Makes:** fluid ounces  
= cups  
= milliliters (mL)
- **Calories:** 820 kcal
- **Kcals/ mL:** kcal/ mL
- **Carbohydrate:** 53.9%
- **Protein:** 27.8%
- **Fat:** 18.3%

## Make it for the whole family:

Recipe was adopted from:

<https://www.gimmesomeoven.com/sheet-pan-chicken-stir-fry/>

# Sesame Garlic Sheet Pan Noodle Bowl

## Ingredients

- 1 pound Chicken Breast, cut into 1 inch pieces
- 1 large red bell pepper
- 1 large yellow bell pepper
- ½ cup red onion, chopped
- 1 pound fresh broccoli florets
- 1 cup fresh snow peas
- 1 cup fresh sliced mushrooms
- 12 ounces whole wheat spaghetti, uncooked
- ½ cup stir fry sauce
- 4 cloves garlic, minced
- 4 teaspoons sesame seeds
- Cooking spray

## Kitchen Gear

Baking sheet pan

Large mixing bowl

Chef knife

Cutting board

Food scale

Measuring tools:

- 1 cup, ½ cup
- Teaspoon

## Preparation

1. Preheat oven to 475 degrees F.
2. Spray baking sheet (half sheet pan) with cooking spray.
3. In a large mixing bowl, combine chicken and veggies. Stir in stir fry sauce.
4. Evenly spread chicken and veggie mixture on the baking sheet. Bake for 20 minutes.
5. Boil water, cook spaghetti until al dente, drain water. Set aside ⅓ of the cooked pasta for blending.
6. Set aside to cool ⅓ of chicken and veggies from oven, reserve for blending.

Family Style:

1. In individual bowls, place spaghetti, topped with chicken and veggie stir fry.
2. Sprinkle sesame seeds on top and add Asian Vinaigrette Dressing as desired.

To blend:

1. Add desired fluid to blender followed by reserved ⅓ portion of chicken and veggies then ⅓ portion of cooked pasta. Blend until smooth and free of chunks. Strain if necessary.
2. Thin as desired with water or other fluid such as milk or milk alternative.



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