

Pancit Bihon

Makes
9 servings

Prep time
10 minutes

Cook time
15 minutes

Good source of
Fiber
Protein

Ingredients:

- 1 tsp. olive oil
- 3 cloves garlic
- 1 small onion, sliced
- 1 ¼ lbs. of chicken breasts, cooked and diced
- ¼ tsp. black pepper
- 8 oz. package rice noodles (sotanghon or pancit bihon)
- 1 ½ cups green cabbage, chopped
- 3 tsp. low sodium soy sauce
- 1 cup chicken broth
- 1 medium lemon, thinly sliced
- 1 tsp. lemon juice
- 1 cup carrots, sliced

Nutrition Facts

9 servings per container
Serving size 1/2 Cup (231g)

Amount per serving
Calories **290**

	% Daily Value*
Total Fat 7g	9%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 80mg	27%
Sodium 390mg	17%
Total Carbohydrate 25g	9%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 33g	
Vitamin D 0mcg	0%
Calcium 14mg	2%
Iron 1mg	6%
Potassium 66mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more, call (671) 735-7354. USDA and the University of Guam are equal opportunity providers, lenders, and employers.

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Directions:

1. In a wok or large pan, sauté garlic and onions in olive oil over medium-heat, cook until golden brown.
2. Add cooked chicken and black pepper. Cook through for about 2-3 minutes
3. Meanwhile, soften noodles by putting them in a colander over running water
4. Stir carrots and cabbage in pan, until ingredients are cooked for about 2-3 minutes.
5. Add noodles gradually and stir ingredients, cook through for 2 minutes.
6. Pour chicken broth and low-sodium soy sauce into pan. Cook until noodles soften, about 5 minutes.
7. Squeeze lemon juice before serving, add lemon slices to pancit.

