

from Mula sa Pusong: Heart Healthy Traditional Filipino Recipes by American Heart Association, Western States Affiliate, San Francisco Division

3 lbs Chicken, skinless (cut into serving pieces)
1 lb Boneless lean pork shoulder (cut into 1 inch cubes)
2 cloves Garlic, minced
1 Medium onion, chopped
1 head Cabbage, cut in 2 inches, long shreds
3 Carrots, diced
1 stalk Celery, diced
1 tsp. Fish sauce
1 tsp. Low-sodium soy sauce
1 package Pancit noodles soaked in water, then drained
2 tbsps. Olive oil or vegetable spray

Garnish:

8 green onions, finely chopped
2 lemons, halved

Place chicken and pork in a 4-quart stock pot with water to cover. Bring to a boil. Reduce heat and simmer for about 45 minutes or until chicken is tender and pork is fully cooked. Remove chicken and pork from broth. Reserve broth. Let meats cool.

De-bone chicken and tear meat into thin shreds. Cover and refrigerate chicken and pork. Chill broth. Chicken and pork may be prepared up to 48 hours in advance.

Remove and discard fat from broth. Spray a wok or heavy skillet with vegetable oil spray*, or heat olive oil over medium heat until hot but not smoking. Add chicken, pork, garlic, onion, cabbage, celery, and peppers; stir fry 1 to 2 minutes.

Add reserved broth, fish sauce, soy sauce and drained noodles. Stir well. Garnish with minced onions. Squeeze lemon juice over all.

Serves 8

Single Serving Nutrient Values based on vegetable oil spray

Calories 366.5 kc
% calories from fat 32
Protein 37.53 gm
Carbohydrate 24.95 mg
Cholesterol 112.9 mg
Sodium 256.4 gm
Total Fat 12.81 gm
Saturated 4.065 gm

Polyunsaturated 1.984 gm
Monounsaturated 5.258 gm

*Do not use vegetable oil spray near an open flame or heat source. Read and follow directions on can before using.

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