



# ... It's Worth the Trip!



## THINKING OUTSIDE THE BOX

### Sweet Asian Egg Noodles with Chicken

Some predictions show that 60% of Americans will have high blood pressure by 2025. Most Americans (adults and children) greatly exceed, by nearly double, the recommended daily upper limit (UL) of intake. The Dietary Approaches to Stop Hypertension Program (DASH-Diet) study, has shown that limiting sodium intake to below the UL greatly reduces the risk of developing high-blood pressure. This is likely one of the many reasons the 2015 Dietary Guidelines for Americans specifically targets sodium and encourages Americans to limit their sodium intake. The UL for sodium for healthy adults and children over 14 years of age is less than 2,300 mg. For younger children and those diagnosed with pre-high or high blood pressure, the UL is even lower.

Most of the sodium we consume is from the salts added during commercial food processing and preparation. This means that some processed foods such as canned products, frozen dinners, boxed dinners, and deli and cured meats, and foods served in restaurants (especially the foods from fast food establishments and pizza) are the largest source of sodium in most Americans' diets. As the proportions of prepared meals away from home and processed foods have increased in the American diet, the amount of sodium in our diets has increased at the same pace.

Cooking more meals at home and reading the Nutrition Facts Label to become more aware of the sodium level in products are two key strategies that can have a big impact on keeping your sodium intake in check. For example, when choosing canned products, select items that state, "low-sodium" on the packaging. Believe it or not, there are many low or reduced sodium versions of your favorite products. Most that have tried them are surprised that they can't tell the difference in taste. What does surprise them is the substantial difference in sodium levels.

For example, the next time you need chicken broth, check out the amount of sodium in the "regular" and low-sodium or reduced versions. Also, be sure to assess the sodium level on items stating "reduced sodium," because this means that the reduced version has 25 percent less sodium than the original. The reduced version is still the better choice, but it still may contain high levels of sodium. Use "reduced sodium" items, such as soy sauce, sparingly.

Consuming a variety of fruits and vegetables, and filling your plate mostly with them, is a great strategy to lower sodium intake. In addition, this will also increase your intake of other key nutrients that help to lower the risk of high blood pressure. When consuming canned or frozen varieties, be sure to select items that are not in sauce, have no added sugar, and are low in sodium.



#### Directions:

- 1) Fill a large sauce pan 3/4th of the way full with water and place the pan on the stove, set at medium-high heat to bring the water to a boil.
- 2) While the water is coming to a boil, thinly slice 2 medium carrots. Place the carrots in a microwave safe dish with 2 tbsp. of water and 1 tbsp. of reduced sodium soy sauce. Cover and microwave on high for 4 minutes until they are crunchy tender, and then set aside to cool.
- 3) Add 8 oz. of whole grain egg noodles to the boiling water and cook them according to the package directions.
- 4) While the carrots and noodles are cooking, dice a small red onion and place in a large sized bowl. Add 1 diced and seeded large cucumber, 1/4th cup of chopped fresh cilantro, 1/4th cup of chopped fresh mint, 1- 14 oz. can of baby corn (drained), and 12 oz. of cooked chicken, shredded.
- 5) Once the noodles are cooked, drain them in the sink and run

cold water over them. Let them finish cooling in the sink.

- 6) In a small bowl, mix together 1/3 cup of sweet chili sauce, 1/3 cup of lime juice, 1 tbsp. of reduced sodium soy sauce, and 1 1/2 tsp. of powdered ginger spice. Mix well with a fork.
- 7) Once cooled, add the noodles and carrots to the chicken mixture and gently toss. Pour the sweet chili mixture into the bowl and gently toss again.
- 8) Place 3/4 cup of roasted peanuts (unsalted) in a sandwich bag and close the bag tightly being sure there is no trapped air. Using the bottom of a frying pan, pound the bag until the peanuts are coarsely broken.
- 9) Serve each plate with 1/4th of the noodle mixture topped with 1/4th of the chopped peanuts.

**Tips:** None

**Serves: 4**

DISCLAIMER: YOU MAY USE ANY LIKE PRODUCTS OF ANY BRAND IN MAKING THIS HEALTHY CHOICE MEAL. THE PICTURES HERE ARE NOT AN ENDORSEMENT OF THESE PRODUCTS.

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