

CHICKEN PHO

INGREDIENTS:

- 2 medium green onions
- 1 small bunch cilantro sprigs
- 1 1/2 teaspoons coriander seeds
- 1 whole clove
- 3 1/2 cups unsalted chicken stock
- 2 cups water
- 1 pound skinless, boneless chicken breast
- 3 ounces flat rice noodles, dried
- 1 teaspoon maple syrup
- 1 3 – 4 inch section ginger
- 1 teaspoon fish sauce
- Basil, mint, chili, lime (optional toppings)

DIRECTIONS

1. Peel and slice ginger crosswise into 4 or 5 coins, then firmly press with flat side of knife. Set aside. Cut the hollow green parts of the green onion into thin rounds to yield 2 – 3 tablespoons; set aside. Cut leftover white sections into pinkie-finger lengths, bruise, then add to ginger.
2. Coarsely chop the leafy tops of the cilantro to yield 2 tablespoons; set aside. Reserve remaining cilantro sprigs.
3. Add coriander seeds and clove to a 3 – 4 quart pot over medium heat; toast 1 – 2 minutes or until fragrant. Add ginger and green onion mixture; stir 30 seconds or until aromatic. Remove pot from heat; add 2 cups water, cilantro sprigs, and chicken. Place pot on high heat to boil. Lower heat, and gently simmer for 30 minutes. While broth simmers, soak rice noodles in hot water until pliable and opaque. Drain, rinse and set aside.
4. After 5 – 10 minutes of simmering, chicken should be firm and cooked through. Transfer chicken to bowl; flush with cold water to stop cooking; drain. Cool and cut or shred into bite-sized pieces.
5. When broth is done, filter through strainer and discard solids. Add fish sauce and maple syrup.
6. Bring strained broth to boil. Put noodles in a noodle strainer and dunk into the hot broth to heat and soften 5 – 60 seconds. Remove noodles from pot and divide between 2 large bowls. Place chicken on top of noodles and garnish with the chopped green onion and cilantro. Enjoy with basil, mint, sprouts, chili, and lime, if desired.

Nutrition Facts

Serving Size 1 1/2 cup (417g)
Servings Per Container 4

Amount Per Serving

Calories 140 **Calories from Fat 25**

% Daily Value*

Total Fat 3g **5%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 35mg **12%**

Sodium 470mg **20%**

Total Carbohydrate 10g **3%**

Dietary Fiber 1g **4%**

Sugars 3g

Protein 18g

Vitamin A 6% • Vitamin C 4%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

