Chicken Lo Mein

1/2 pound whole grain lo mein noodles

1 1/2 cups chicken broth

2 Tablespoons soy sauce

1 teaspoon cornstarch

1 teaspoon sesame oil

1/2 teaspoon sugar

1/2 teaspoon black pepper

2 teaspoons canola oil

2 cups broccoli florets

2 carrots, sliced

1/2 bell pepper, thinly sliced

1 chicken breast

1 garlic clove, mined

1 teaspoon fresh ginger, grated

1 teaspoon rice vinegar

Cook pasta according to package directions.

Whisk together chicken stock, soy sauce, cornstarch, sesame oil, sugar and pepper.

Pour half of soy mixture into a ziploc bag with chicken and marinate in refrigerator at least 30 minutes. Grill or pan saute chicken.

Heat canola oil in skillet. Add broccoli, carrot and bell pepper. Saute 5 until tender.

Add garlic and ginger and cook 30 seconds. Add remaining soy mixture and cook until thickened.

Stir in noodles.

Spoon into individual bowls.

Add sliced chicken and enjoy.