

Feed A Cold

(NAPSA)—As the flu and cold season kicks into high gear, many Americans will turn to home remedies to help alleviate their symptoms. Below is a delicious recipe from the Salada Tea Company that combines two of the most common home remedies—green tea and chicken noodle soup—for the perfect comfort food that is not only easy to make, but an ideal way to enhance your health.



Green Tea Chicken Noodle Soup Supreme

(Yields 4-6 servings)

**8 ounces boneless, skinless
chicken. Cut into ½-inch
portion**

**½ cup brewed Salada Green
Tea**

4 cups chicken stock

**5 ounces thread noodles or
favorite pasta**

**2 (½-inch thick) slices ginger
root, lightly mashed**

**½ cup oyster mushrooms,
cubed**

2 cups celery, diced

1 cup carrots, diced

2 cups onion, diced

1 tsp. parsley

Salt and pepper to taste

Directions: Place the chicken in a large bowl and add the green tea. Cover and refrigerate 1 hour to marinate. Cover the noodles with warm water. Soak until softened, about 10 minutes. Drain. In a large pot bring the stock, ginger, mushrooms, celery, carrots, onion and parsley to a boil over high heat. Reduce heat and simmer 2 minutes. Add the chicken, including the tea marinade, and noodles. Return to a boil. Reduce heat and simmer 3 minutes. Season with salt and pepper.

For more information and recipes, please visit www.green-tea.com.