

Simple Lo Mein

Prep: 20 minutes | Cook: 15 minutes | Total: 35

minutes | Yield: 4 servings

Ingredients

Vegetable Lo Mein:

1 medium onion, chopped

4 ounces shredded cabbage (about 1/4 of a whole cabbage)

4 ounces sliced mushrooms

1 1/2 teaspoons garlic

1 1/2 teaspoons minced fresh ginger

2 tablespoons vegetable oil

4 heaping cups of cooked whole wheat spaghetti (about 8-oz. uncooked)

Flavoring Sauce:

1/4 cup chicken broth (low-sodium preferred)

1/4 cup soy sauce (low-sodium preferred)

2 teaspoons rice wine vinegar

2 teaspoons toasted sesame oil

generous dash of hot red pepper flakes

1 teaspoon sugar

*cashews added would be good

Directions

1. Preheat a large skillet on low while preparing vegetables, garlic and ginger.
2. Make the flavoring sauce and set aside.
3. Turn heat up to a medium high for about 3 minutes before ready to cook. Place 1 tablespoon of the oil in the skillet and add onion wedges. Stir-fry until the onion starts to slightly brown, but still crisp, about 1 minute or so.
4. Add the sliced mushrooms, stir fry until slightly browned but still crisp, about 1 minute. Add the cabbage next, stir-fry another minute or so or until just slightly cooked. Stir in the garlic and ginger and stir constantly for another minute. Remove vegetables to a plate and set aside.
5. Pour remaining 1 tablespoon of oil into the hot skillet. Add the noodles; stir fry until heated through, about 2 minutes. Add the vegetables back into the skillet, along with the flavoring sauce; stir fry to combine and heat through.
6. Serve immediately.

Nutrition Facts Per Serving: Calories: 330 | Total Fat: 10.5 g |

Total Carbohydrate: 53 g | Dietary Fiber: 9.5 g | Protein: 12 g



Adapted from Utah State University Recipe
For more recipes, please visit www.nutrition.va.gov



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