

Veggie Lo Mein

MUST HAVE sesame seed oil-it makes the dish.

Can use CA Blend for speed.

For veggies can do any combo: corn, broccoli, mushrooms, shredded cabbage, green beans, peas, celery, water chestnuts, cauliflower.

Recipe calls for 1/2 c snow peas as part of the veggies but I never have them. Use spaghetti noodles if you do not have soba noodles.

6 oz	soba noodles	2 Tbs	Splenda
2 cloves	garlic, minced	1 tsp	sesame oil
1	red bell pepper, julienned	1 tsp	ground ginger
1	carrot, julienned	1 tsp	Sriracha, or more, to taste
6 cups	veggies	2 tsp	onion powder
	For the sauce	2 tsp	mustard powder
1/2 cup	reduced sodium soy sauce		

Procedure

- 1 Cut bell pepper and cook briefly to soften, with mushrooms if using mushrooms
- 2 In a pot, whisk together soy sauce, sugar, sesame oil, ginger and spices and Sriracha; set aside.
- 3 In a large pot of boiling water, cook noodles according to package instructions; drain well.
- 4 Add noodles and veggies to soy sauce mix and gently toss to combine and then heat and serve.

Servings: 6

Nutrition Facts

Nutrition (per serving): 77 calories, 10 calories from fat, 1.3g total fat, 0mg cholesterol, 83.4mg sodium, 391.6mg potassium, 15.8g carbohydrates, 1.1g fiber, 3.5g sugar, 4.3g protein.

Source

Source: <http://damndelicious.net/2014/10/03/easy-lo-mein/> <http://www.vegkitchen.com/kid-friendly-recipes/noodles/>