

Lo Mein

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 10 Serving Size: 1 ½ cups

Ingredients	Quantity	Measure
Noodles, spaghetti, prepared, dry weight	1	pound
Oil, olive or vegetable	2	tablespoons
Garlic, minced	2	tablespoons
Onion, diced	½	cup
Celery, diced	½	cup
Carrots, shredded	½	cup
Peppers, red, diced	½	cup
Peppers, green, diced	½	cup
Fresh broccoli florets	½	cup
Fresh zucchini, julienne	½	cup
Fresh yellow squash, julienne	½	cup
Soy sauce, low sodium	½	cup
Brown sugar, optional	1	tablespoon
Beans, garbanzo, canned, drained	15	ounces

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a pan or wok; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers, broccoli, zucchini, and the yellow squash. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Heat thoroughly and transfer to serving pans.

Nutrition Information per serving *From USDA Nutrient Database

Calories: 507 Total Fat: 13g Saturated Fat: 2g Monounsaturated Fat: 7g Polyunsaturated Fat: 2g
Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 84g Fiber: 19g Total Sugar: 11g Protein: 20g Sodium: 533mg
Vitamin A: 299µg Vitamin C: 6mg Calcium: 96mg Iron: 5mg Folate: 111µg