

Common Sense COOKING

Vegetable Lo Mein

2 Tablespoons extra virgin olive oil
½ cup sliced mushrooms
½ cup diced celery (about 4 stalks)
½ cup diced red onion
1 cup fresh spinach leaves
2 oz. (dry weight) wheat spaghetti noodles
1 teaspoon corn starch
Soy sauce
Sliced/crushed garlic, salt, pepper

Heat a large pot of water for the spaghetti and cook as directed.

Heat the olive oil on medium. If using garlic, add to the oil. Stir in the carrots and celery to coat with the oil. Season with salt/ pepper. Cook 3-5 minutes or until the texture you would like (cooking longer softens the vegetables). Stir into ¼ to 1/3 cup soy sauce 2 Tablespoons cold water. Add 1 teaspoon corn starch and stir until there are no lumps (you may need to use a whisk). Add to the cooked vegetables and heat until thickened (about 3 minutes).

Serve over cooked 1 cup cooked (2 oz dry weight) whole wheat spaghetti.

Total Calories - 480