

Vegetable Lo Mein

Recipe by Melissa Martland-Kile,
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INGREDIENTS:

- 1 box whole wheat spaghetti
- 2 cans or sliced carrots, or frozen
- 2 cans cut green beans
- 1 cup red peppers
- 1 tsp garlic powder
- ¼ tsp black pepper
- ¼ cup low sodium soy sauce
- ¼ cup water
- 4 tbsp extra virgin olive oil



DIRECTIONS:

1. Prepare the pasta by placing in boiling water and cook for about 10 minutes. Drain, rinse and set aside.
2. Heat a large skillet on medium heat and add the olive oil.
3. Drain and rinse the canned vegetables. Add them to the hot skillet and season with garlic powder and black pepper.
4. In a small bowl mix the soy sauce and the water. Add to the vegetables and combine.

This recipe is very versatile. You can make it with fresh, frozen or canned veggies and mix in your favorites! It's pictured above with hot peppers and zucchini!