

Vegetable Lo Mein

5 cups extra virgin olive oil

25 cups frozen, defrosted, chopped broccoli

25 cups sliced carrots (frozen or fresh), sliced thinly

3 ¼ cups soy sauce

1 cup corn starch or flour

150 ounces (dry weight) whole wheat spaghetti or linguine

Optional: sliced/crushed garlic, salt and pepper for vegetables.

Heat a large pot of salted water to cook the pasta. When the water boils, cook the pasta as directed on the box.

Heat the olive oil on medium (4 to 5 on the dial) in a frying pan. Add any optional ingredients (garlic, herbs) and stir to combine.

Add the broccoli; season with salt and pepper. Cook 5 to 8 minutes.

Add the carrots to the broccoli and cook 3 to 5 minutes (longer if fresh carrots).

Combine the soy sauce and about 6 cups cold water in a bowl. Add the corn starch and stir with a fork until there are no lumps. Pour into the pan with the hot vegetables and completely stir in. Heat until the sauce is thickened (about 3 minutes).

Serve over cooked spaghetti.

Calories per serving: 540

50 servings

Serving size: approximately 2 ½ cups