

## Vegetable Lo Mein

Recipe makes 1 serving

Serving size: approximately 2 ½ cups

Calories per serving: 540

### Ingredients

1 ½ tablespoons extra virgin olive oil

½ cup frozen, defrosted, chopped broccoli

½ cup sliced carrots (frozen or fresh), sliced thinly

1 tablespoon soy sauce

1 teaspoon corn starch or flour

3 ounces (dry weight) whole wheat spaghetti or linguine

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

### Directions

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.