

Quick Veggie Lo Mein

Makes 5 servings

Ingredients

1/2 pound dry **thin spaghetti**
2 tablespoons **canola oil**
2 cloves **garlic**, chopped
1 tablespoon **ginger**, minced
3 **carrots**, sliced into matchsticks
2 cups **broccoli**, chopped
2 tablespoons **soy sauce**
Pepper to taste



Directions

1. Break the dry pasta in half and cook according to package directions, drain, and set aside.
2. In a large skillet, heat the oil on medium; add garlic and ginger and sauté.
3. Add the vegetables and sauté until tender (about 10 minutes).
4. Toss the cooked spaghetti with the cooked vegetables, soy sauce, and pepper.
5. Serve warm or cold.



Tips and Variations:

Try veggies other than carrots and broccoli, depending on what you have and what you like! Try **peppers**, **squash**, or **leeks**, for example.

Add **tofu** or **cut-up meat** and sauté with the vegetables for added protein.

Try substituting half, or all of the pasta with **whole wheat pasta!**

Additional Notes:



Nutrition Facts

servings per container

Serving size (131g)

Amount per serving

Calories **250**

% Daily Value*

Total Fat 7g **9%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 500mg **22%**

Total Carbohydrate 40g **15%**

Dietary Fiber 2g **7%**

Total Sugars 5g

Includes 0g Added Sugars **0%**

Protein 7g

Vitamin D 0mcg **0%**

Calcium 30mg **2%**

Iron 2mg **10%**

Potassium 240mg **6%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

This card was funded by the USDA SNAP program, which is called 3SquaresVT in Vermont. USDA is an equal opportunity provider and employer. To learn how 3SquaresVT can help low income people buy more healthy food, go to www.vermontfoodhelp.com or call Vermont 2-1-1.