

Vegetable Lo Mein

4 servings

6 Tablespoons	extra virgin olive oil *
1 can	sliced carrots (you can also use fresh sliced)
10 oz package	broccoli, frozen, defrosted
12 oz	spaghetti noodles, preferably whole wheat *
About 1 cup	soy sauce
4 Tablespoons	corn starch/ flour

Optional: sliced/ crushed garlic, salt, pepper

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

1. heat the olive oil on medium.
2. stir in the carrots and broccoli. Season with salt/ pepper. Cook 3-5 minutes or until the texture you would like (cooking longer softens and sweetens the vegetables).
3. in a separate bowl, combine $\frac{1}{4}$ to $\frac{1}{3}$ cup soy sauce and 2 Tablespoons cold water. Add the corn starch and stir until there are no lumps. Add to the cooked vegetables and heat until thickened (about 3 minutes).

Serve over cooked spaghetti.

Approximate cost for the recipe: \$ 4.57 or \$1.14 per serving