

## Vegetable Lo Mein

Makes 4 servings

8 Tablespoons	extra virgin olive oil
2 cups	Canned sliced carrots, cut into smaller pieces
2 cups	Canned corn, drained
2 cups	frozen peas, defrosted

12 oz	spaghetti noodles, whole wheat
About ½ cup	soy sauce
4 teaspoons	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 vegetables. 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 the soy sauce and 2 Tablespoons cold water. Add the flour and stir until there are no lumps. Add to the cooked vegetables and heat until thickened (about 3 minutes).

Serve over cooked whole wheat spaghetti.