

VEGGIE LO MEIN

Make lo mein in your own kitchen with some basic pantry items and a few fresh veggies. Why order takeout?

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Red Bell Peppers

Yield: Serves 4-6

Ingredients

8 oz. whole wheat spaghetti	1/4 c. rice wine vinegar
2 c. frozen edamame (shelled soybeans)	2 T. light soy sauce
2 medium carrots, julienne cut	2 t. sugar
1 large red bell pepper, julienne cut	1/4 t. crushed red pepper flakes
4 green onions, thinly sliced, set aside for garnish	2 t. sesame oil
1/4 c. peanut sauce (Bangkok or other brand)	2 T. vegetable oil

Preparation

Cook pasta according to directions on package.

While pasta is cooking, thaw edamame and prepare vegetables.

Mix peanut sauce, rice wine vinegar, soy sauce, sugar, red pepper flakes and sesame oil; set aside. Heat vegetable oil in skillet. Cook carrots and red pepper until slightly softened. Stir in edamame. Add noodles and sauce. Toss ingredients and heat through. Garnish with sliced green onions and serve.