



Veggie Lo Mein

Ingredients

- 1 16 oz. box of spaghetti noodles
- 1 large or 2 small carrots
- 1 head of fresh broccoli
- 1 medium onion
- 1 large red pepper
- ½ small red cabbage
- 1 bag sugar snap peas (fresh)
- 1 recipe Black Asian Sauce
- ¼ cup tamari or soy sauce
- 2 tbsp maple syrup or another sweetener
- 1 tbsp toasted sesame oil
- 1 tsp toasted sesame seeds
- 2 cups of your favorite meat substitute
(marinated tofu, soy curls, seitan, etc.)



Directions

1. Cook spaghetti according to package instructions. Rinse thoroughly. Set aside.
2. Wash all vegetables thoroughly.
3. Cut carrots to fine julienne. Steam in small amount of water until tender and set aside
4. Chop broccoli into bite-sized pieces.
5. Chop onion and red pepper into medium-sized chunks.
6. Place in same bowl.
7. Cut cabbage into long thin strips.
8. In a wok or large frying pan, sauté onion and pepper mixture for 1 minute
9. Add broccoli, cabbage, carrots, soy sauce, and maple syrup and noodles.
10. Toss gently until broccoli turns deep green.
11. Add snap peas and stir for one more minute.
12. Add sesame seeds.
13. Serve with favorite meat substitute and 1 ½ tbsp of Black Asian Sauce drizzled on top
14. For spice lovers – shake a little crushed red pepper on top.

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