



Vegetable Lo Mein

Kids and adults love this healthy oil-free version of a popular Asian take-out dish. It's a quick and easy dinner than can be ready in under 20 minutes!

INGREDIENTS

8 ounces whole grain spaghetti noodles (*brown rice or whole wheat*)

SAUCE:

3 tablespoons low-sodium soy or tamari sauce

¼ cup water

1 tablespoon tahini

2 tablespoons maple syrup

½-1 teaspoon sriracha (*use more or less to adjust spice levels*)

1 teaspoon garlic powder

1 teaspoon ground ginger

2 teaspoons cornstarch

VEGGIES:

8 oz mushrooms sliced

2 carrots, julienned

½ cup snowpeas (*optional*)

1 red pepper, sliced

4-6 green onions, sliced

2-3 tablespoons sesame seeds, for garnishing

DIRECTIONS

1. Cook spaghetti according to package instructions.
2. Whisk together the sauce ingredients. Set aside.
3. In a large fry pan, sauté the mushrooms, carrots, snow peas, and red pepper in a small amount of water until tender, about 5 minutes.
4. To the vegetables, add the green onions, cooked pasta, and sauce and toss to combine. Continue cooking until sauce begins to thicken. Serve immediately and garnish with sesame seeds.

ENTREES



PREP



COOK



SERVES

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