

Yummy Lo
Mein

Washington, D.C.

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prep time: 10 min

total time: 30 min

serves: 4

ingredients

16 ounces whole wheat spaghetti

½ cup canola oil

¼ cup diced onion

½ cup frozen, diced carrots

½ cup frozen broccoli florets

½ cup soy sauce

2 teaspoons ground ginger

2 teaspoons granulated garlic

4 veggie burger patties

directions

- 1 Boil pasta until soft (about 8-10 minutes); drain and set aside.
- 2 Heat oil in skillet over medium heat; sauté onion, broccoli and carrots.
- 3 Slice veggie patties into strips, then add to pan with vegetables; continue to cook until heated through.
- 4 Meanwhile, in a large bowl, combine soy sauce, ginger and garlic.
- 5 Add cooked pasta to soy sauce mixture and toss together. Add dressed pasta to skillet with vegetables and cook on low heat for 5-10 minutes.
- 6 Serve hot and enjoy!