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!