# Little Chefs, Big Change



SERVINGS: 4-6

## **Veggie Lo Mein**

This veggie-packed stir-fried noodle dish is coated in a savory-sweet sauce that kids love. Lo mein noodles can typically be found in the international section of most grocery stores. If they're not available, you can substitute another flat noodle, such as linguine. The vegetables listed here are just a suggestion. You can add other ingredients, like mushrooms, cabbage, watercress, and bamboo.

PREP TIME: 20 MIN

#### **TOTAL TIME: 40 MIN**

#### **INGREDIENTS**

#### Sauce:

- ½ cup water½ teaspoon better-than
  - buillon
- ⅓ cup soy sauce
- 2 tbsp brown sugar
- 1 tbsp sesame oil

#### Lo Mein

- 2 large carrots
- 1 small head broccoli
- 1 red bell pepper
- 1 medium onion sliced
- 4 garlic cloves

### 8 oz package lo mein noodles

Thinly slice the pepper



#### **DIRECTIONS**

- **1.** Cook the noodles. Drain and rinse in cold water so they don't stick together. Set aside.
- **2.** Combine all of the sauce ingredients in a bowl. Whisk until evenly combined.
- **3**. Chop the vegetables like in the pictures below:

Julienne the carrots (cut into sticks)



Chop the broccoli into small florets



Thinly slice the onion



Mince the garlic



More on other side



## Veggie Lo Mein

#### **DIRECTIONS CONTINUED**

- 4. Heat a pan on medium heat. Add 1 tablespoon of canola oil.
- **5.** Cook the carrots until they start to brown. Remove from pan and set aside. You can place them in a large bowl.
- **6**. Cook pepper until it starts to brown. Add to bowl of cooked carrots.
- 7. Cook broccoli until it starts to brown. Add to the bowl of cooked veggies.
- 8. Cook onion until it starts to brown. Add to the bowl of cooked veggies



- **9.** Add all veggies back to the pan with the garlic.
- **10.** Add noodles and sauce to pan. Cook for 5 more minutes.



**NOTES**