

### Vegetables Lo Mein *Serves 4*

- 8 oz dry spaghetti
- 3-4 tbsp vegetable oil
- 1 onion, sliced
- 2 cloves of garlic, minced
- 1 pound package of frozen stir-fry vegetables or 3½ cups canned or fresh veggies (e.g. Broccoli, carrot, peas, cauliflower, green or yellow beans, mushrooms, peppers, water chestnut)
- 3 tbsp soy sauce
- 4 tbsp sesame seeds

1. Cook the spaghetti according to the package. When tender, drain and return pot.
2. Add 1 tbsp oil, and toss the spaghetti around until it is evenly coated.
3. Next heat 2 or 3 tablespoons of oil in a large pan, skillet or wok. Add onion and garlic. Cook until soft.
3. Add vegetables. Cook them very quickly over medium to high heat until thawed, about 3 minutes. Add cooked spaghetti and sprinkle over the soy sauce. Cook the mixture for another 5 minutes.
3. Sprinkle sesame seeds over top and serve.

**Tip:** For added protein, try adding crushed peanuts, sliced tofu cubes, or cooked beef or chicken. This will help tummies to feel full longer and is great for the waistline!