

Lo Mein

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 100 Servings

Ingredients	Weight	Measure
Noodles, spaghetti, prepared, dry weight	10 lbs.	
Oil, olive or vegetable		1 ½ cups
Garlic, minced		1 ⅔ cups
Spice, Ginger	1 oz	5 tbsp 2 tsp
Sesame oil (optional)		3 tbsp
Onion, diced		1 quart + 1 cup (5 cups total)
Celery, diced		1 quart + 1 cup (5 cups total)
Carrots, shredded		1 quart + 1 cup (5 cups total)
Peppers, red, diced		1 quart + 1 cup (5 cups total)
Peppers, green, diced		1 quart + 1 cup (5 cups total)
Fresh broccoli florets		1 quart + 1 cup (5 cups total)
Fresh zucchini (julienne)		1 quart + 1 cup (5 cups total)
Fresh yellow squash (julienne)		1 quart + 1 cup (5 cups total)
Soy sauce, low sodium		1 quart + 1 cup (5 cups total)
Sauce, Teriyaki	12 oz	1 cup 3 tablespoon
Sugar, granulated		⅔ cup
Garbanzo beans, canned, drained, rinsed OR Garbanzo beans, cooked from dry	6 lbs. 4 oz.	4-#10 cans OR

Preparation

1. Prepare spaghetti al dente; drain and keep warm.
2. Heat oil in a tilt skillet or kettle; add the minced garlic, diced onion, diced celery, shredded carrots, diced red and green peppers, broccoli, zucchini, and the yellow squash. Sauté until vegetables are tender but crisp.
3. Add spaghetti, soy sauce, teriyaki sauce, ginger, sesame oil (if available), sugar and garbanzo beans to the vegetable mixture. Toss gently to mix all ingredients well.
4. Heat thoroughly until the temperature reaches 135°F for 15 seconds.
5. Transfer to serving pans. Garnish each pan with cilantro.

Serving Information

Portion 1 cup of Lo Mein per serving.

Good Option for Asian themed Specialty bar along with Vegetable Curry with Brown Rice (T-203-00), Vegetable Stir Fry (Speed Scratch) (Q-809-00), Cauliflower Fried Rice, Curry Roasted Cauliflower (Fresh) (Q-307-00), Steamed Snap Peas (Q-308-00/ Q-308-01).

Notes

1. Alternatives: If Red Bell peppers or Green Bell peppers are not available, can substitute with equal amount of green or yellow or orange or red bell peppers.
2. Alternatives: If spaghetti noodles are not available can substitute with similar thin, egg free noodles.
3. Alternatives: If fresh broccoli or carrots are not available can substitute with equal amounts of frozen.
4. Alternatives: If either zucchini or yellow squash are not available, can substitute with equal amounts of the zucchini or yellow squash type that is available.

Nutrition Information *From USDA Nutrient Database

Calories: 281 Total Fat: 5g (16% calories from total fat) Saturated Fat: 1g (3% calories from saturated fat)
Monounsaturated Fat: 2g Polyunsaturated Fat: 1g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 49g Fiber: 7g
Total Sugar: 8g Protein: 12g Sodium: 542mg Vitamin A: 166µg Vitamin C: 47mg Calcium: 64mg Iron: 3mg
Folate: 175µg