Vegetable Lo Mein

Ingredients:
4  cups Chinese Lo Mein Noodles (can be purchased at any oriental/Asian store for about 99¢ per bag)
2  cups Chinese Cabbage, chopped
2  cups mushrooms, chopped thinly
1  bell pepper, thinly sliced
1  medium onion, sliced
5  fresh garlic cloves, chopped
½ bag (8 oz.) frozen sugar snap peas
¼ cup low sodium soy sauce
2  Tablespoons olive oil
1  teaspoon black pepper
1 ½ teaspoons sesame oil

Note: Vegetables can be substituted according to what you have on hand, or what’s in season. Seasonings can be adjusted to taste.

Directions:
1.  Boil water & cook noodles approximately 5 minutes under tender all the way through. Rinse with cold water and lightly coat with ½ teaspoon of the oil.
2.  Heat skillet to medium heat. Add remaining oil. Cook garlic and onions for 2-3 minutes, or until tender. CONTINUALLY STIRRING.
3.  Add vegetables (hardest first). Cook another 2-3 minutes under vegetables are tender.
4.  Add lo mein noodles and stir.
5.  Turn heat to high. Add soy sauce and pepper. Stirring continually, cook until heated through. Serve.

Yields about 4 servings

Source: Recipe from Broome County CCE