



TEAM FOUR
FOODSERVICE



Whole grain spaghetti vegetable lo mein

Yield: 10 servings

Ingredients:

- 1 ¼ Box barilla® whole grain thin spaghetti
- 5 Tbsp. extra virgin olive oil, divided
- 3 garlic cloves, minced
- 1 Cup cremini mushrooms, sliced
- 1 Cup shitake mushrooms, sliced
- 1 Cup carrot, julienned
- 1 Red pepper, julienned
- 1 ½ Cups snow peas
- 1 ½ Cups baby spinach
- 1 ½ Cups brussels sprouts, shaved
- ½ Cup red cabbage, sliced
- ½ Cup cauliflower florets
- Salt & black pepper to taste
- Sauce
- 8 tbsp. lite soy sauce
- 2 Tbsp. honey
- 3 Tbsp. sesame oil
- 1 Tsp. fresh ginger, minced
- 2 Tsp. chili paste
- 6 green onions, sliced thin
- optional proteins are 8oz. shrimp, chicken breast or tofu

Directions:

1. Bring a large pot of water to a boil, cook the pasta according to the package directions.
2. Meanwhile, in a skillet over medium/high heat add olive oil, garlic, and vegetables.
3. Cook until tender/crisp.
4. In a separate bowl, whisk together the ingredients for the sauce.
5. Drain pasta and add to the vegetable mixture along with the optional protein.
6. Pour sauce over pasta and mix well.

Recipe and photo courtesy of Barilla