



**Cornell University Wellness Program**  
**4 Easy Dinners – March 11, 2016**

**Lo Mein In Minutes**

16 ounces cooked lo mein noodles  
1 tablespoon vegetable oil  
2 cloves garlic, minced  
2 cups cremini mushrooms, sliced  
1 red bell pepper, julienned  
1 carrot, julienned  
1/2 cup snow peas  
3 cups baby spinach  
Or...any veggies you want...  
6-8 ounces sliced beef or chicken or cubed firm tofu, seasoned with salt, pepper, soy

For the sauce...

2 tablespoons soy sauce, or more, to taste  
2 teaspoons sugar  
1 teaspoon sesame oil  
1/2 teaspoon ground ginger or ginger paste  
1/2 teaspoon Sriracha, or more, to taste  
½ cup water

1. In a small bowl, whisk together soy sauce, sugar, sesame oil, ginger and Sriracha; set aside.
2. Place cooked noodles in a bowl and microwave for 2 minutes to soften.
3. Heat oil in a large skillet or wok over medium high heat. Add garlic, mushrooms, bell pepper and carrot. Cook, stirring frequently, until tender, about 3-4 minutes. Stir in snow peas and spinach until the spinach has wilted, about 2-3 minutes. (If using meat, remove vegetables to a bowl.)
4. If using meat, stir fry meat in small amount of oil until cooked through. (Add back vegetables.)
5. Stir in egg noodles and soy sauce mixture, and gently toss to combine.
6. Serve immediately.

Adapted from: <http://damndelicious.net/2014/10/03/easy-lo-mein/>

Nutrition information per recipe:

4511 calories, 63 gm fat, 349 gm protein, 796 gm carbs