

## Super-Easy Lo Mein

*This recipe is an excellent source of vitamin A, which keeps eyes and skin healthy.*

### Ingredients:

16 oz package **angel hair pasta**  
 3 cups chopped **mixed vegetables** (carrots, zucchini, mushrooms, snow peas, etc.)  
 1 tablespoon **vegetable oil**  
 1/2 cup **water**  
 1 teaspoon **cornstarch**

### Hoisin Sauce:

4 tablespoons **soy sauce**  
 2 tablespoons **honey**  
 2 tablespoons **white vinegar**  
 1 tablespoon **molasses**  
 2 teaspoons **sesame oil**  
 1/4 teaspoon **ginger**  
 1/8 teaspoon **garlic powder**  
 1/8 teaspoon **black pepper**  
 20 drops **hot sauce**

### Directions:

1. Cook pasta according to package directions.
2. Sauté vegetables in a large skillet over medium high heat (350 degrees in an electric skillet) until tender.
3. Mix water, cornstarch, and Hoisin Sauce ingredients in a small bowl.
4. When pasta is done, drain and add to vegetables and toss with sauce.
5. Refrigerate leftovers within 2-3 hours.

Nutrition Facts	
Serving Size 1 cup (85g)	
Servings Per Container 10	
Amount Per Serving	
<b>Calories</b> 180	<b>Calories from Fat</b> 25
% Daily Value*	
<b>Total Fat</b> 3g	<b>5%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 450mg	<b>19%</b>
<b>Total Carbohydrate</b> 37g	<b>12%</b>
Dietary Fiber 1g	4%
Sugars 5g	
Protein 4g	
Vitamin A 20%	Vitamin C 8%
Calcium 0%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300 mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: 2007. Shara Anslow and Tobi Page, OSU Extension Service, Portland. For more recipes and other resources on eating well for less, see our web site at <http://healthyrecipes.oregonstate.edu>.