

Veggie Chow Mein

Makes: 6 servings

Ingredients

- 6 ounces** rice noodles (or thin flat egg noodles)
- 4 teaspoons** oil
- 1** onion (medium, finely chopped)
- 2** garlic clove (finely chopped)
- 1 cup** carrot (grated)
- 2 teaspoons** chicken bouillon
- 1 teaspoon** hot pepper sauce
- 1 cup** broccoli (cut into small pieces)
- 1 cup** celery (chopped)
- 1 cup** bell pepper (green or red, finely chopped)
- 4 teaspoons** soy sauce

Directions

1. Prepare noodles according to package directions. Drain and set aside.
2. Saute onion and garlic with oil in frying pan for 1 minute over medium/high heat.
3. Add carrot, chicken bouillon, and pepper sauce. Stir.
4. Add broccoli, celery, and bell pepper and continue to stir.
5. Reduce heat to low and add noodles and soy sauce. Mix well over low heat for 3 to 5 minutes.
6. Add salt and pepper to taste.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	90	
Total Fat	3.5 g	5%
Protein	2 g	
Carbohydrates	14 g	5%
Dietary Fiber	2 g	8%
Saturated Fat	0 g	0%
Sodium	280 mg	12%