

VEGETABLE LO MEIN

Serves: 10+

Approximate Cost of the Recipe: \$5.08

Approximate Cost per Serving: \$0.51



INGREDIENTS:

- 1 box whole wheat spaghetti
- 2 cans sliced carrots
OR 2 cups frozen carrots
- 2 cans cut green beans
OR 2 cups frozen green beans
- 1 teaspoon garlic powder
- ¼ teaspoon black pepper
- ¼ cup low sodium soy sauce
- ¼ cup water
- 4 Tablespoons extra virgin olive oil

DIRECTIONS:

1. Prepare the pasta by placing in boiling water and cook for about 10 minutes. Drain, rinse, and set aside.
2. Heat a large skillet on medium heat and add the olive oil.
3. Drain and rinse the canned vegetables. Add them to the hot skillet and season with garlic powder and black pepper.
4. In a small bowl mix the soy sauce and the water. Add to the vegetables and combine.
5. Serve and enjoy!