



healthy **habits**

EATING WELL ON A BUDGET

Vegetable LoMein

Recipe adapted from "Raising the Bar on Nutrition"
Approximate cost of the recipe: \$5.76, \$1.44 per serving (Serves 6+)

Ingredients:



Tbsp

4



1/4 cup



2 cans



2 cans



1/4 cup



1 box



tsp

1



tsp

1/4

Tools Needed:



Directions:

1



2



3



4



5



6

