



Veggie So Low Mein

PER SERVING (1/4th of recipe, about 1 1/2 cups): 129 calories, 2g fat, 995mg sodium, 23g carbs, 6g fiber, 9g sugars, 6g protein -- **PointsPlus®** value 3*

Prep: 20 minutes

Cook: 15 minutes



Ingredients:

3 packages House Foods Tofu Shirataki Spaghetti Shaped Noodle Substitute
1/4 cup reduced-sodium/lite soy sauce
1 tbsp. cornstarch
1 tbsp. granulated sugar (or granulated no-calorie sweetener)
2 tsp. chicken-flavored powdered consommé
1 cup quartered mushrooms
1 cup thinly sliced zucchini
1 cup bean sprouts
1/2 cup chopped scallions
1/4 cup shredded carrots
1 bag (about 12 oz.) frozen Chinese-style stir-fry mixed vegetables

Directions:

Use a strainer to rinse and drain noodles. Thoroughly pat dry. Roughly cut noodles and set aside.

To make the sauce, in a medium bowl, mix soy sauce, cornstarch, sugar, consommé, and 1/2 cup hot water. Set aside.

Bring a large skillet or a wok sprayed with nonstick spray to medium-high heat on the stove. Add fresh and frozen veggies. Cook and stir until hot, 5 - 7 minutes.

Stir sauce and add to the skillet or wok. Continue to cook and stir until sauce has thickened, 3 - 4 minutes.

Add noodles and cook and stir until hot, 1 - 2 minutes. Serve and enjoy!

MAKES 4 SERVINGS



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