

Maine Arts Camp

Recipe: Spaghetti Lo Mein

Chef: Charlie Limoggio CEC

Servings: 4

Quantity	Unit	Ingredient	Prep Notes
6	Ounces	Spaghetti	Cooked al dente & drained
½	Cup	Low-sodium soy sauce	
2	Tablespoons	Rice wine vinegar	
½	Teaspoon	Honey	
2	Teaspoons	Sesame oil	
½	Teaspoon	Garlic powder	
½	Teaspoon	Ground ginger	
1	Tablespoon	Olive oil	
2	Cups	Broccoli	Cut into small florets
1	Cup	Shredded carrots	
1	Whole	Red bell pepper	Cut into thin strips
2	Whole	Green onions(scallions)	Sliced thin
1	Teaspoon	Sesame oil	

1. In a medium bowl, combine soy sauce with rice wine vinegar, honey, sesame oil, garlic powder and ginger powder. Whisk to combine.
2. In a large skillet over medium heat, heat olive oil. Add broccoli, carrots, and peppers to the skillet and cook until they become tender, about 6 minutes. Remove veggies from the skillet and add prepared sauce, bringing to a simmer. When the sauce has thickened slightly add back in the vegetables and prepared pasta and toss to combine.
3. Top with green onions and sesame seeds and serve.

Please note: Volume and weight are not interchangeable. If the recipes calls for ounces, the ingredient is to be weighed. If it says fluid ounces, then it is by volume and is to be measured in cups, ½ cups etc.