



Veggie Chow Mein

- 6 ounces rice noodles
- 4 tsp. oil
- 1 onion (medium, finely chopped)
- 2 garlic cloves (finely chopped)
- 1 cup carrot (grated)
- 2 tsp. chicken bouillon
- 1 tsp. hot pepper sauce
- 1 cup broccoli (cut into small pieces)
- 1 cup celery (chopped)
- 1 cup bell pepper (finely chopped)
- 4 tsp. soy sauce

Nutritional Information (per serving)

Total Calories	163
Total Fat	4 g
Protein	2 g
Carbohydrates	30 g
Dietary Fiber	3 g
Saturated Fat	1 g
Sodium	399 mg
Total Sugars	3 g

Preparations

1. Prepare noodles according to package directions. Drain and set aside.
2. Sauté onion and garlic with oil in a skillet 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.

Makes: 6 servings