



Veggie Lo Mein

Servings: 4

Prep Time: 10min

Cook Time: 20min



Ingredients

- 1 large onion
- 2 tsp. fresh ginger
- 220g whole-grain spaghetti
- 280g frozen chopped broccoli
- 1 1/2 c. black beans
- 2 c. shredded carrots
- 280g baby spinach
- 2 tbsp. sesame oil
- 1/4 c. lower-sodium soy sauce
- 2 tbsp. balsamic vinegar
- 4 large eggs

Directions

1. Thinly slice 1 large onion. Peel and grate 2 teaspoons fresh ginger. Set aside.
2. Cook whole-grain spaghetti in large pot of boiling water as label directs. Just before draining add frozen chopped broccoli, beans, carrots, and baby spinach. Drain well; set aside.
3. In the same pot, heat sesame oil on medium-high. Add the sliced onion and cook for 5 minutes.
4. Add the grated peeled fresh ginger, lower-sodium soy sauce, and balsamic vinegar. Cook 1 minute.
5. In a small bowl, beat eggs. Add eggs to pot and cook for 2 minutes without stirring.
6. Add noodle mixture to the pot and cook, tossing, for 2 minutes or until heated through