Vegetable Lo Mein

Source: The Get Healthy, Go Vegan Cookbook by Neal Barnard, MD; recipe by Robyn Webb

Enjoy this colorful, vegetable-packed lo mein for dinner!

About the Recipe

335 Calories · 19 g Protein · 12.1 g Fiber
Dinner
Nut-free

Note: A stick of celery is also called a rib of celery. A stalk of celery is the whole bunch!

Ingredients

Makes 4 Servings

- 1 8-oz (227-g) package udon noodles
- 3 tbsp (45 mL) reduced-sodium soy sauce, divided
- 1 tbsp (15 mL) rice vinegar
- 1 tbsp plus 2 tsp (25 mL) arrowroot
- 8 oz (227 g) extra-firm tofu, pressed and cut into 1/4-inch (0.6-cm) slabs
- 1 c (240 mL) vegetable broth, divided
- 3 tbsp (45 mL) hoisin sauce
- 1/2 tsp (2.5 mL) chili puree with garlic
- 1 tbsp (15 mL) grated fresh ginger
- 3 cloves garlic, minced
- 1 red bell pepper, thinly sliced
- 2 celery stalks, thinly sliced on a diagonal
- 1 c (91 g) broccoli florets
- 1 c (63 g) sugar snap peas

Directions

1. Cook the dry udon noodles according to package directions. Drain and set aside.
2. In a large bowl, combine 2 tbsp (30 mL) soy sauce, vinegar, and 2 tsp (10 mL) arrowroot.
3. Mix well, add the tofu, and mix gently. Let stand for 15 minutes. Preheat oven to 375 F (190 C).
4. In a measuring cup, combine the remaining 1 tbsp soy sauce (15 mL), 1 tbsp (15 mL) arrowroot, 1/2 c (120 mL) broth, hoisin sauce, and chili puree. Mix well and set aside.
5. Place tofu on a baking sheet. Bake until light brown, about 30 minutes, turning once. Remove tofu and set aside.
6. Heat 1/4 c (60 mL) broth in the wok. Add the ginger and garlic and stir-fry for 30 seconds.
7. Add the bell pepper, celery, and broccoli. Stir-fry for 1 minute. Pour in the remaining 1/4 c broth (60 mL), cover, and steam vegetables for 2 to 3 minutes.
8. Add the sugar snap peas, cover, and steam for 1 to 2 minutes. Add the tofu and stir-fry for 1 minute.
9. Pour in the sauce and turn to coat the tofu and vegetables. Add the cooked udon noodles and turn to cover the noodles with sauce.

Nutrition Facts

Per serving:
Calories: 335
Fat: 3.4 g
    Saturated Fat: 0.6 g
    Calories from Fat: 8.7%
Cholesterol: 0 mg
Protein: 19 g
Carbohydrate: 63.1 g
Sugar: 7.9 g
Fiber: 12.1 g
Sodium: 820 mg
Calcium: 80 mg

Iron: 3.4 mg
Vitamin C: 69.9 mg
Beta-Carotene: 886 mcg
Vitamin E: 1.2 mg