

# 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***

- udon noodles (1 8-ounce package)
- reduced-sodium soy sauce, divided (3 tbsp.)
- rice vinegar (1 tbsp.)
- arrowroot (1 tbsp. plus 2 tsp.)
- extra-firm tofu, pressed and cut into 1/4-inch slabs (8 ounces)
- vegetable broth, divided (1 cup)
- hoisin sauce (3 tbsp.)
- chili puree with garlic (1/2 tsp.)
- grated fresh ginger (1 tbsp.)
- garlic, minced (3 cloves)
- red bell pepper, thinly sliced (1)
- celery stalks, thinly sliced on a diagonal (2)
- broccoli florets (1 cup)
- sugar snap peas (1 cup)

## Directions

1. Cook the dry udon noodles according to package directions. Drain and set aside.&nbsp;
2. In a large bowl, combine 2 tablespoons soy sauce, vinegar, and 2 teaspoons arrowroot.&nbsp;
3. Mix well. Press and cut tofu into 1/4-inch slabs. Add to sauce and mix gently. Let stand for 15 minutes. Preheat oven to 375 F (190 C).
4. In a measuring cup, combine the remaining 1 tablespoon soy sauce, 1 tablespoon arrowroot, 1/2 cup 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 cup broth in the wok. Add the ginger and garlic and stir-fry for 30 seconds.&nbsp;
7. Add the bell pepper, celery, and broccoli. Stir-fry for 1 minute.&nbsp;Pour in the remaining 1/4 cup broth, cover, and steam vegetables for 2 to 3 minutes.&nbsp;
8. Add the sugar snap peas, cover, and steam for 1 to 2 minutes.&nbsp;Add the tofu and stir-fry for 1 minute.&nbsp;
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