



Spinach and Mushroom Lo Mein

This healthy and creamy Spinach and Mushroom Lo Mein tastes better than takeout and is free from excess sodium, sugar, and additives. Made with soba noodles and seasoned with a simple soy sauce, this veggie-filled meal will be a new weeknight favorite.

SERVINGS

4 of Servings

INGREDIENTS

- 8 green onions, sliced
 - ½ tsp Asian garlic chili paste
 - 1 tbsp coconut oil
 - 1 red bell pepper, diced
 - 3 tbsp soy sauce
 - 6 cups baby spinach
 - 1 tbsp sesame oil
 - 2 tsp brown sugar
 - 4 cups mushrooms, sliced
 - 8 oz soba noodles
 - 1 tbsp ginger, minced
 - 2 garlic, minced
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DIRECTIONS

1. Cook the soba noodles according to package directions. Stir together the soy sauce, sesame oil, sugar, ginger, and chili garlic paste to create the sauce for the lo mein.
2. Heat the coconut oil over medium high heat. Add the garlic, green onions, mushroom, and red pepper. Cook for 4-6 minutes until peppers are tender. Add 1-2 tablespoons of water if anything

starts to burn. Add the spinach and cook for 1-2 minutes until wilted.

3. Add the noodles to the pan along with the sauce. Cook and stir for 1-2 minutes.
