

Lo Mein Noodles and Veggies with Mushrooms



Ingredient	Quantity	Instructions
Carrots, Shredded	1 Pound	<ol style="list-style-type: none"> 1. Preheat oven to 350° F. or Preheat steamer 2. Bring water to a boil in a large stock pot; once boiling, add 6 lbs. pasta and cook 5-7 minutes. 3. Place the seasoning liquid in a 4 inch steam table pan, place sauce in oven while pasta is cooking and cook until correct internal temperature is reached. 4. When pasta is cooked, place vegetables in water with pasta, stir about 1 minute, then drain. 5. As soon as water has been strained from pasta and vegetables, remove pan of sauce from the oven. 6. Combine pasta, vegetables, and sauce in a steam table pan and mix well. <p>*This is a quick process. The sauce can go into the oven as the pasta is dropped in the water. The recipe can be split in two pans. Use 1 quart of sauce, 3 lbs. uncooked noodles, and 2 lbs. vegetables.</p> <ol style="list-style-type: none"> 1. Steamer: 2. Place 6 lbs. of pasta in a 2 inch full size pan and cover with water. 3. Cook uncovered for 20 minutes or until fork tender. Drain water. 4. Place seasoning liquid and vegetables in a 2 inch steam table pan and cover with a lid. 5. Cook for 10 minutes or until correct internal temperature is reached. 6. Combine pasta, vegetables, and sauce in a steam table pan and mix well.
Mushrooms, Fresh, Sliced	1 Pound	
Peas, Snow, Fresh	1 Pound	
Broccoli, Slaw	1 Pound	
Pasta, Spaghetti, WG	6 pound	
Sauce, Lo Mein	1/2 gallon	

Serving Size	1 Serving Provides	Yield
½ cup	1.25 oz. eq. whole grain rich	75

Nutrients Per 100 g		
Calories 242	Saturated Fat 0 g	Iron 0.6 mg
Protein 6 g	Cholesterol 0 mg	Calcium 22 mg
Carbohydrate 53 g	Vitamin A 1124 IU	Sodium 133 mg
Total Fat 0 g	Vitamin C 10.8 mg	Dietary Fiber 2.6 g