

# Lo Mein Noodles

This recipe will fill 1 medium tray\*

## Ingredients:

1- 8oz pkg Spaghetti	3 stalks Celery, sliced
3 Tbsp low-sodium Soy Sauce	2 large carrots, shredded
2 Tbsp Teriyaki Sauce	½ sweet Onion, thinly sliced
2 Tbsp Honey	2 green Onions, sliced
¼ tsp ground Ginger	Chicken Broth



## Directions:

1. Bring a large pot of lightly salted water to a boil. Add the spaghetti and cook until tender but firm, drain and then rinse with cold water.
2. While the spaghetti is cooking, whisk together the soy sauce, teriyaki sauce, honey, and ginger in a small bowl and set aside.
3. In a large skillet or wok over high heat. Cook and stir the celery, carrots, and onions using a little chicken broth, cook until slightly tender.
4. Add spaghetti and sauce mixture. Cook, stirring frequently, until heated through about 5 minutes.
5. Let cool, then spread on a parchment lined tray, use dividers for four portions if desired.
6. Freeze Dry
7. Store Appropriately (See Tips and Tricks for storage help)

**Cycle Time:** 36 hours

**Rehydration:** Add about ¼ -½ C boiling water to 1 serving of Lo Mein. Let sit for about 5 minutes. Check for tenderness and rehydration, add more water if needed, or drain off excess water.



[www.freezedryingcookbook.com](http://www.freezedryingcookbook.com)

Cycle times & rehydration for reference only

\*XL Tray = 15 Cups/Tray

Large Tray = 8 Cups/tray

Medium = 6 Cups/Tray

Small = 5 Cups/Tray