

# Lo Mein Noodles

*This recipe makes 5-6 cups*



## Ingredients

1 - 8 oz pkg spaghetti  
3 **tbsp** low-sodium soy sauce  
2 **tbsp** teriyaki sauce  
2 **tbsp** honey (or 1 **tbsp** sugar)  
¼ **tsp** ground ginger  
3 **stalks** Celery, sliced  
2 large carrots, shredded  
½ sweet Onion, thinly sliced  
2 green Onions, sliced  
2 **tbsp** chicken broth

## Directions:

1. Bring a large pot of lightly salted water to a boil. Add the spaghetti and cook until tender but firm
2. Drain and rinse with cold water. Allow to drain,
3. While the spaghetti is cooking, whisk together the soy sauce, teriyaki sauce, honey, and ginger in a small bowl and set aside.
4. In a large skillet or wok over high heat, cook and stir the celery, carrots, and all onions using a little chicken broth. Cook until slightly tender, but still a bit crunchy.
5. Add spaghetti and sauce mixture to the vegetables. Cook, stirring frequently, until heated through for about 5 minutes.
6. Let cool, then spread on a parchment lined tray.
7. Place dividers for four or six portions if desired
8. Pre-freeze when possible.
9. Freeze dry (my cycle time was 36 hours).
10. Store in jars for short term storage or in mylar bags for long-term storage.

## Rehydration:

Add about ½ cup boiling water to 1 cup serving of Lo Mein. Let sit for about 5 minutes. Check for tenderness and rehydration, especially the vegetables. Add more water if needed, or drain off excess water.

## Notes:

Honey on its own isn't ideal for long-term storage, but when incorporated into a recipe, it can extend its shelf life. For more reliable long-term storage, consider using sugar as a substitute, or simply omit the honey altogether.

## Nutritional Value Per 1 cup

Calories: 192 Protein: 6 g Fat: 1 g Carbohydrates: 40 g Sugar: 10 g Fiber: 3 g