

Vegetable Lo Mein

By SHEILA LUKINS

MAKES 6 ACTIVE TIME 10 min. TOTAL TIME 2 hr. 2 min.

INGREDIENTS

3. 2 Tbsp canola oil
4. 2 Tbsp toasted sesame oil
5. 1 large garlic clove peeled and thinly sliced
6. 1-inch piece of ginger, peeled and thinly sliced
7. 8 oz white mushroom caps, wiped off with a damp paper towel, thinly sliced
8. 4 scallions (including 3 inches of green), thinly sliced
9. 8 oz snow peas, lightly blanched
10. white mushroom caps 1 carrot, halved lengthwise, thinly sliced, blanched, blanched
11. 8 oz linguine (preferably whole wheat), cooked al dente
12. 4 Tbsp soy sauce
13. 1 Tbsp rice or cider vinegar

DIRECTIONS

Heat the canola and sesame oils in a large nonstick skillet over medium-low heat. Add the garlic and ginger and cook until just golden, stirring occasionally, to flavor the oil, 3 to 4 minutes. Remove the garlic and ginger from the skillet with a slotted spoon and discard, reserve the oil.

Using the same skillet, saute the mushrooms and scallions over medium heat, stirring, for 2 minutes. Remove from the heat and add the snow peas and carrot. Toss to combine.

Place the cooked linguine in a large bowl and add the vegetable mixture along with the oil from the skillet. Add the soy sauce and vinegar and toss well to combine. Taste and adjust seasonings if necessary. Let rest for at least 2 hours before serving for flavors to brighten. Pack in a plastic container, cover tightly, and refrigerate overnight.