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Edamame Lo Mein

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This is not the greasy Lo Mein of your favorite Chinese take-out, it tastes even better. Plus you get plenty of nutrients with the addition of edamame, a great vegetarian protein source. Make it a Meal: Fruit sorbet and sesame cookies are a perfect ending.

4 servings, 2 cups each | Active Time: 30 minutes | **Total Time:** 40 minutes

Ingredients

- 8 ounces whole-wheat spaghetti
- 2 cups frozen edamame, (shelled soybeans)
- 4 scallions, thinly sliced
- 1/4 cup oyster sauce, or vegetarian “oyster” sauce
- 1/4 cup rice-wine vinegar
- 3 tablespoons reduced-sodium soy sauce
- 2 teaspoons sugar
- 2 teaspoons toasted sesame oil
- 1/8 teaspoon crushed red pepper
- 2 tablespoons canola oil
- 2 medium carrots, cut into matchsticks
- 2 small red bell peppers, cut into matchsticks

Preparation

1. Bring a large pot of water to a boil. Add spaghetti and edamame and cook, stirring occasionally, until the pasta is just tender, 8 to 10 minutes or according to package directions. Drain.

2. Meanwhile, whisk scallions, oyster sauce, vinegar, soy sauce, sugar, sesame oil and crushed red pepper in a small bowl until the sugar is dissolved.
3. Heat canola oil in a large nonstick skillet over high heat. Add carrots and bell peppers and cook, stirring often, until slightly softened, 3 to 4 minutes. Add the pasta and edamame. Cook, stirring occasionally, until the pasta is crispy in spots, 1 to 2 minutes. Add the sauce and stir to combine.

Nutrition

Per serving : 417 Calories; 13 g Fat; 1 g Sat; 5 g Mono; 0 mg Cholesterol; 60 g Carbohydrates; 18 g Protein; 13 g Fiber; 569 mg Sodium; 310 mg Potassium

3 Carbohydrate Serving

Exchanges: 3 1/2 starch, 1 vegetable, 1 very lean meat, 2 fat