

STANDARD RECIPE CARD

Recipe For Vegetarian Chow Mein

Portion Size ½ cup vegetable mixture, ½ cup rice Number Portions 8-10 servings

Ingredient	x 1	x	Ingredient	x 1	x_
Celery, sliced into thin diagonals	3 c.	-	Water	1 ¼ c.	
Fresh onions, rings or sliced thin	2 c.		Salt	¼ tsp.	
Bean sprouts	2 c.		Cornstarch	1 ¼ Tbsp.	
Mushrooms, sliced	1 c.		Brown Rice, cooked	4 cups	
Tofu, cubed	1 c.				
Peas, frozen (thawed) or fresh	¼ c.				
Oil	3 Tbsp.				
Water	¼ c.				
Salt	½ tsp.				
Onion Powder	½ tsp.				

PROCEDURE

Cook the oil, water, salt and onion powder in a large pan over medium heat. Add the vegetables & tofu which have been cut to size. Cook just long enough to tenderize (about 15 minutes) with a tight lid. Add the peas just before adding the sauce.

Combine the water, salt and cornstarch. Pour over vegetable mixture and stir until thick.

Serve on steamed fluffly brown rice.

Nutrition Facts

Servings Per Recipe: 10
Serving Size: 1 serving

Amount Per Serving	
Calories	137.3
Total Fat	2.3 g
Saturated Fat	0.4 g
Polyunsaturated Fat	1.1 g
Monounsaturated Fat	0.6 g
Cholesterol	0.0 mg
Sodium	218.9 mg
Potassium	231.6 mg
Total Carbohydrate	24.5 g
Dietary Fiber	3.2 g
Sugars	1.4 g
Protein	6.0 g
Vitamin A	2.5 %
Vitamin B-12	0.0 %
Vitamin B-6	9.7 %
Vitamin C	8.2 %
Calcium	5.2 %
Iron	5.6 %