

# Veggie Lo Mein & Spring Rolls

## Lo Mein:

- 4 cups cooked Lo Mein noodles (cook according to package instructions)
- 1 TB Grapeseed Oil
- 1 cup fresh broccoli, chopped
- 1 red bell pepper, sliced
- 1 green bell pepper, sliced
- 1 small onion, sliced
- 4 small garlic cloves, minced
- 1 tsp pink Himalayan salt
- 1 cup organic soy sauce
- 1 cup brown sugar
- ¼ cup pineapple juice
- ¼ cup water
- 1 tsp freshly grated ginger
- 2 tsp sesame oil
- ¼ tsp red pepper flakes
- ¼ tsp black pepper
- Toasted sesame seeds (optional garnish)

## Spring Rolls:

- 12 spring roll wrappers
- 1 cup cooked white or brown rice
- 1 cup of your favorite veggies – we used carrots, broccoli, and cauliflower
- 1 cup coleslaw veggies
- ¼ cup liquid aminos
- 2 cups of your favorite oil for frying

## Lo Mein Instructions:

1. Sauté all vegetables in a large pot with grapeseed oil until tender.
2. Add remaining ingredients to pot and bring to a boil.
3. Stir gently then allow to simmer for 10 minutes.

## Spring Roll Instructions:

1. Sauté all veggies in liquid aminos until tender. Let cool and then add a tablespoon of veggie mixture to a spring roll wrapper.
2. Use water to seal the edges of the spring roll wrappers. Fold them in by the corners in a diamond shape, and fry them for 3 minutes on each side or until golden brown delicious.
3. Enjoy with the sauce from your lo mein dish!