



Café Day Recipe

Lo Mein with Tofu or Chicken Aka noodles with tofu & chicken

- 1 lb. whole wheat spaghetti cut into three pieces and cooked al dente
- 1 red pepper cut into julienne
- 1 green pepper cut into julienne
- 3 scallions cut on the bias or chopped or ½ red onion, chopped
- 2 C cooked chicken shredded or 1 pkg firm tofu cut into 1 inch pieces

Dressing:

- 2 T honey
- 3 T Soy Sauce
- 1 t chopped garlic
- 2 – 3 T oil (canola or vegetable)

Combine all ingredients. Feel free to add the following that are nice but not necessary: 2 tsp. grated fresh ginger, 2 tsp. orange zest.

Preparation 1

Using a large saute pan, heat until very hot. Add oil. Heat for 10 seconds. Add vegetables and toss and cook for 2 minutes. Add chicken or tofu and saute until cooked through. Add sauce. Stir and serve.

Preparation 2

Put cooked spaghetti in a 9 X 12 oven proof pan. Mix in vegetables and chicken if using. Combine with sauce. Cover and bake for 30 minutes at 350.

If using tofu, follow above except bake tofu separately uncovered in the same oven for 10 minutes. Add to spaghetti/vegetable mixture when ready to serve.

Wellness in the Schools inspires healthy eating, environmental awareness and fitness as a way of life for kids in public schools.