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**Vegetable Lo Mein**

***Ingredients:***

* 1 c Broccoli Florets
* 1 c Spaghetti
* 1 c Extra Firm Tofu ( cut into bite-sized chunks)
* 1 T Soy Sauce
* 1-2t Lemon Juice
* 1 Recipe Lo Mein Sauce
* 1 Onion (med-large cut into slithers)
* 1 T Fresh Garlic
* 1 T Fresh Ginger

***Directions:***

1. Steam broccoli until crisp and tender about 2 minutes.
2. Boil spaghetti until tender, drain and set aside.
3. Heat skillet over med-high heat, then add 1 T of oil then add onion and stir-fry until crisp and spotty brown about 1 minute. Then add tofu and cook until lightly browned about 1 minute longer. Lastly add broccoli cook for an additional minute, then add garlic and ginger and cook for another 30 seconds.