



Lo Mein Noodles with Snow Peas

Servings

4

Calories

160

Prep Time

5 minutes

Total Time

20 minutes

Skill Level

Easy

Ingredients

1 (6 ounces) package Mann's Snow Peas

1(12 ounces) package Mann's Broccoli Cole Slaw®

1 package lo mein noodles, fresh or dry

¾ cup stir fry sauce, prepared

The Method

Cook Lo Mein Noodles according to package instructions. Set aside. Preheat large skillet or wok until hot. Add 1 tablespoon of oil or cover thoroughly with cooking spray.

Add Snow Peas & Broccoli Cole Slaw and stir fry over high heat for 3-4 minutes. Turn heat to low and add noodles and sauce to mixture. Stir fry for an additional 2 minutes to heat thoroughly. Serve immediately.

Great with chicken, shrimp or beef!



Nutrition Facts

Serving Size: 193g | Servings: 4

Amount Per Serving

Calories 160 | Calories from Fat 20 | Total Fat 2g (sat fat 0g trans 0g) | Cholesterol 0mg | Sodium 1720mg | Total Carbohydrate 28g |

Dietary Fiber 4g | Sugars 13g | Protein 6g | Vitamin A 7% | Vitamin C 160% | Calcium 6% | Iron 10%