Salad Bar Vegetable Lomein

INGREDIENTS

- 6oz noodles
- 3 Tbsp soy sauce (substitute coconut aminos)
- 1 tsp toasted sesame oil
- 1 tsp sugar
- 1 tsp water
- 1 Tbsp high heat cooking oil (examples: avocado, canola, sunflower)
- 3 cups mixed salad bar vegetables (examples: snap peas, broccoli, cauliflower, mushrooms, baby corn, carrots, onions, peppers, alfalfa sprouts, zucchini)

INSTRUCTIONS

- Cook the noodles according to the package directions, then drain in colander. While the noodles are cooking, stir together the soy sauce, toasted sesame oil, sugar, and water
- Heat the cooking oil in a large skillet over medium high heat. Once the oil is very hot and simmering (it should not be smoking), add the vegetables and stir fry for only about one minute, or just until the edges of the softer vegetables just begin to wilt.
- Add the cooked and drained noodles and the prepared sauce. Continue to stir and cook until the pasta has absorbed most of the sauce and no more liquid pools on the bottom of the skillet (about two minutes). The vegetables will soften during this time. Serve immediately.

Notes:

- Use any high heat cooking oil or fat of your choice. Don't skimp on the amount of oil used, as using a full 2 Tbsp helps coat the noodles and gives this a more realistic take-out flavor.
- To toast sesame oil, place small saucepan over medium-high heat and add sesame oil, then stir constantly until it begins to smoke, remove immediately and let cool completely.

Credit: https://www.budgetbytes.com/salad-bar-vegetable-lo-mein/