

GON LO MEIN

INGREDIENTS

- 3 tablespoons **oyster sauce**
- 3 tablespoons **water**
- ½ (12 ounce) can **lite (less fat, less sodium) luncheon meat**
- 2 (10 ounce) packages refrigerated **chow mein noodles**
- 2 (9 ounce) packages refrigerated **chop suey mix**
- Optional:
 - chopped **green onions**
 - thinly sliced **scrambled eggs**
 - chopped **Chinese parsley (cilantro)**

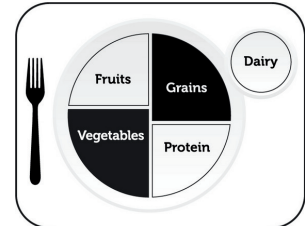
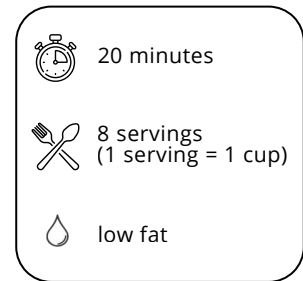
DIRECTIONS

Always practice food safety when cooking.

- 1) In a small bowl, combine oyster sauce and water. Set aside.
- 2) Slice luncheon meat into ¼ inch strips.
- 3) In a large non-stick pan on medium heat, cook luncheon meat until just lightly browned.
- 4) Add noodles and toss to mix.
- 5) Pour oyster sauce and water mixture over meat and noodles. Toss to mix well.
- 6) Add chop suey mix, toss, and cook for several minutes, until vegetables are tender but crisp. Add a few tablespoons of water if necessary to prevent sticking.
- 7) Optional: Add chopped green onions, thinly sliced scrambled eggs, and chopped Chinese parsley.

NOTES

- Lean ground meat is a good substitution for the luncheon meat.
- Leftover meats, such as shredded chicken or turkey, can also be used in place of the luncheon meat. Also, sliced pork, ham, beef, char siu, kamaboko (fish cake), and/or cold cuts can be used.
- Bean sprouts, watercress, or leafy greens, like choy sum and bok choy, can be substituted for chop suey mix.
- Carrots, celery, broccoli, green beans, or cabbage can also be added. Thinly slice these vegetables for quick cooking.



Nutrition Facts	
8 servings per container	
Serving size	1 cup (169g)
Amount per serving	
Calories	160
% Daily Value*	
Total Fat 4.5g	6%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 610mg	27%
Total Carbohydrate 23g	8%
Dietary Fiber 2g	7%
Total Sugars 3g	
Includes 0g Added Sugars	0%
Protein 8g	
Vitamin D 0mcg	0%
Calcium 29mg	2%
Iron 2mg	10%
Potassium 247mg	6%
<small>*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.</small>	