



Chilled Lo Mein with Shrimp or Chicken

Submitted by: Roxanne Fox

1 lb. box linguini
1 bunch scallions, trimmed and sliced
2 medium carrots, julienned
1 small head broccoli, stalks peeled and sliced,
florettes cut into small pieces
1 sweet red pepper, julienned
Fresh, uncooked snow peas
4 oz. fresh mushrooms, sliced

2-3 Tbsp. toasted sesame seeds
Marinade
½ C light soy sauce
½ C good, light olive oil
Juice of one fresh lemon
1 clove garlic, mined
8 oz. can crushed pineapple, drained

Cook linguini for 8 minutes. Rinse with cold water and drain thoroughly until completely cooled. Toss with vegetables and marinade. Chill for at least four hours or overnight.

Sprinkle sesame seeds on top before serving. Add cooked, chilled shrimp or chicken for a meal.

Serves 6-8