

# Longevity Noodles with Fresh Spinach and Prawns

3 T. soy sauce

1 t. sugar

2 t. cornstarch

12 oz. Annie Chun's Chow Mein Noodles (note: traditional recipes call for fresh egg noodles, available in Asian markets)

2 eggs

2 t. salt

2 t. black pepper

4 T. canola oil

4 scallions cut into 1" lengths (use both white and green)

1 bunch fresh spinach leaves

1/2 lb. medium shrimp

1/4 c. vegetable stock or water

Cook the noodles in boiling water for about 5 minutes. Drain and rinse under running cold water, then drain again. Beat the eggs; season with salt. Over low heat, heat 1 t. oil in a frying pan or skillet. Add the eggs and cook to make a thin omelet. Remove from the pan and cut into thin strips. Season shrimp with salt and pepper.

Heat 1 T. of oil in the frying pan, add shrimp and stir-fry until they turn pink. With a slotted spoon, remove shrimp from pan and drain. Heat the remaining oil in the pan. Add scallions, spinach, salt and pepper. Stir in the shrimp.

In a separate cup, mix the cornstarch and the vegetable stock. Mix thoroughly. Add soy sauce and sugar to the cornstarch mixture. Transfer to the pan, stir in noodles and shrimp; stir-fry until all ingredients are incorporated. Garnish with the egg strips. Serves 4.