

Chow

- 1 pound spaghetti, cooked
- 1 pound frozen shoestring French fries, baked
- 1/2 small onion
- 4 large eggs, scrambled
- 1 can Veja-Links, drained, halved lengthwise and then sliced
- 1/2 tsp garlic powder

- Soy sauce
- Salt/pepper

Heat a large wok over medium-high heat.

Toss together first 6 ingredients until hot.

Season to taste with soy sauce, salt and pepper.

