



RECIPE OF THE WEEK

BASIC STIR-FRIED VEGETABLES



- 1 pound vegetables (See combinations which follow)
- 3 slices fresh ginger root, peeled and chopped
- 1 clove garlic, minced
- 1/4-1/2 cup chicken broth or water
- 1 tablespoon (or less) low-sodium soy sauce
- 1/2 teaspoon sugar
- 1 teaspoon cornstarch
- 1 tablespoon canola oil
- 2 tablespoons water

Prepare vegetables as indicated in the instructions below. The individual vegetables are added to the pan according to their specific cooking time. Remember: The toughest vegetables are added first, the more tender ones last.

Combine chicken broth or water, soy sauce and sugar.

Heat oil. Add ginger root and garlic and stir-fry a few times. Add vegetables (adjust heat to prevent scorching). Stir-fry to coat with oil and heat through. Add broth/soy mixture and heat quickly. Then simmer, covered, over medium heat until vegetables are done. The aim is to have vegetables that are tender but still crunchy.

When vegetables are tender, thicken the sauce with a cornstarch paste made of 1 teaspoon cornstarch and 2 tablespoons cold water.

VARIATION: To make sweet and sour vegetables, omit ginger root and chicken broth. Add 2 tablespoons sugar or honey and 3 tablespoons vinegar. Thicken with cornstarch and water.

SUGGESTED COMBINATIONS FOR BASIC STIR-FRIED VEGETABLES:

- Cabbage, onions, green pepper, fresh mushrooms, carrots and snow peas
- Chinese cabbage and 2-3 dried, black mushrooms (soaked and sliced)
- Broccoli, fresh mushrooms and carrots
- Zucchini, green pepper, mushrooms, onions and tomatoes
- Bean sprouts and onions
- Cauliflower and fresh mushrooms

Yield: 4 cups

From: *The New American Diet*
Connor & Connor

Nutritional Breakdown Per 1 Cup Serving

76 calories	4 grams fat
7.7 grams carbohydrate	3 grams fiber
3.5 grams protein	281 mg. sodium