

5-VEGGIE STIR FRY

SOURCE: *TASTE OF HOME'S LIGHT & TASTY PREMIERE ISSUE* (Rachel Thompson, Midlothian VA)

Cook/Prep Time: perhaps 30 minutes

INGREDIENTS:

2 TBS cornstarch	2 TBS sugar
1/2 tsp ground ginger	1 C orange juice
1/4 C reduced-sodium soy sauce, divided	2 garlic cloves, minced
2 large carrots, sliced	2 C broccoli florets
2 C cauliflowerets	4 tsp olive or canola oil
1 C fresh mushrooms, quartered	C fresh OR frozen snow peas
C hot cooked rice	

DIRECTIONS:

In small bowl, combine cornstarch, sugar + ginger - stir in orange juice, soy sauce + garlic till blended; set aside. In non-stick skillet or wok, stir-fry carrots, broccoli + cauliflower in 3 tsp oil 4-5 minutes - add mushrooms, peas + remaining oil - stir-fry another 3 minutes - stir orange juice mixture and add to pan - bring to boil - cook/stir till thickened. Serve over rice.

Servings: 4

[per slice: calories: 382; protein: 9g; carbohydrates: 74g; total fat: 5g; saturated fat: 1g; cholesterol: 0mg; sodium: 648mg; fiber:3g - Diabetic Exchanges: 3 starch, 1 lean meat, 1 fat]