

FIVE VEGGIE STIR-FRY

SOURCE: QUICK COOKING, May/June 2001 (Rachel Thompson – Midlothian VA)

INGREDIENTS:

2 TBS cornstarch
2 TBS sugar
1/2 tsp ground ginger
1 C orange juice
1/4 C reduced-sodium soy sauce
2 garlic cloves, minced
2 large carrots, sliced
2 C broccoli florets
2 C cauliflowerets
4 tsp olive OR canola oil, divided
1 C fresh mushrooms, quartered
1 C fresh OR frozen snow peas
4 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 of oil for 4-5 minutes – add mushrooms, peas + remaining oil – stir-fry 3 minutes – stir orange juice mixture and add to pan – bring to boil – cook/stir till thickened. Serve over rice.

Yield: 4 servings

Nutritional Analysis per serving (1 C vegetable mixture + 1 C rice): CAL 382; FAT 5g (1g saturated fat); CHOL 0g; SODIUM 648mg; CARBS 74g; FIBER 3g; PROTEIN 9g / Diabetic Exchanges: 3 starch, 2 vegetable, 1 lean meat, 1 fat