

SNOW PEA MEDLEY

Source: Quick Cooking March/April 2002 (Ruth Lowen)

Prep/Cooking Time: less than 30 minutes

INGREDIENTS:

4 C snow peas
1 C sliced carrots
1 C water chestnuts, sliced
2 tsp olive or vegetable oil
2 tsp cornstarch
1 C chicken broth
2 tsp soy sauce

DIRECTIONS:

In skillet, sauté peas, carrots & water chestnuts in oil. In a bowl, combine cornstarch, broth & soy sauce till smooth - add to vegetable mixture. Bring to boil - cook/stir 1-2 minutes or till thickened.

Serves: 6