

Snow Peas & Wild Mushrooms with Ginger

This is an easy-to-make side dish. Add tofu or beans, serve with rice & you have a full meal.

Recipe Cookbook: Vegetarian Holiday Feasts

Prep Time: 10 minutes

Cooking Time: 5 minutes

INGREDIENTS:

1/2 tsp canola oil (or sesame oil)
3 C mushrooms, mixed (shiitake, chanterelles, oyster, etc.), sliced
2 TBS ginger root, peeled & sliced into 1/2" match-sticks
1/2 tsp ginger powder
1/2 tsp cardamom, ground
1 tsp cornstarch
2 tsp rice vinegar
1/2 tsp soy sauce, low-sodium
3 C snow peas, fresh or frozen
15 oz canned baby corn

DIRECTIONS:

Heat sauté pan over medium-high heat & add oil. Sauté mushrooms, ginger root, ginger powder & cardamom 2 minutes, stirring occasionally.

Dissolve cornstarch in vinegar & soy sauce. Add cornstarch mixture, snow peas & baby corn to sauté. Heat 2-3 minutes. Remove from heat & serve. (Don't over-cook the vegetables.)

Serves: 6