

LiveBetter with MedWatch

Chinese Vegetable Stir-Fry

Ingredients

Sweet 'n Sour Sauce:

- ¾ cup pineapple juice
- 1 Tbsp. sugar
- 1 Tbsp. lemon juice
- 1 ½ tsp. cornstarch
- 1 tsp. light soy sauce

Stir-Fry Vegetables:

- 4 tsp. vegetable oil

- 1 cup broccoli florets
- 1 cup sliced carrots
- 1 cup cauliflower florets
- 1 cup sliced celery
- 1 cup chunked red bell pepper
- 1 cup sugar peas, stems removed

Preparation

1. Combine ingredients for Sweet 'n Sour Sauce in a mixing bowl. Set aside.
2. Heat oil in a skillet over medium high heat.
3. Add broccoli, carrots, cauliflower and celery. Cook for 2 minutes.
4. Add bell pepper and peas. Cook for 2 minutes.
5. Add Sweet 'n Sour Sauce, bring to a boil and cook for 1 minute, covered.
6. Serve vegetables while hot.

Makes 4-6 servings.



Nutrition Analysis

Per serving: 132 calories, 4 g fat, 2 g protein, 0 mg cholesterol, 99 mg sodium, 20 g carbohydrate



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