

Veggie Stir Fry

Ingredients:

Sauce

125 mL	½ cup	water
25 mL	2 tbsp	soy sauce
15 mL	1 tbsp	liquid honey*
5 mL	1 tsp	cornstarch
4 mL	¾ tsp	ground ginger
2 mL	½ tsp	garlic powder
1 mL	¼ tsp	pepper

15 mL	1 tbsp	vegetable oil
2 L	8 cups	mixed fresh vegetables cut into bite-sized pieces, such as: carrots, broccoli, cauliflower, celery, onions, peppers, green beans, green peas, snow peas, bok choy, mushrooms, zucchini, pineapple
		or
2	2	1 lb (500g) bags frozen stir-fry vegetables



Preparation:

1. To prepare the sauce, combine water, soy sauce, honey, cornstarch, ginger, garlic powder and pepper in a small bowl.
2. Heat a wok, electric fry pan or large skillet over medium-high heat. Add oil. Add vegetables starting with the harder vegetables. Stir-fry until vegetables are hot but still crisp, about 5 to 8 minutes.
3. Add sauce and stir until sauce is thickened and bubbling, about 3 minutes.

Makes 6-8 cups

Preparation Time: about 30 minutes

Equipment:

- knife and cutting board
- wok, electric fry pan or large skillet
- bowl
- spoon

* Honey is not recommended for children under 1 year.

Canada's Food Guide Servings:

1 cup stir-fry is 2 VEGETABLES
AND FRUIT servings

