How to Stir-fry Vegetables

Vegetable Stir-Fry Recipe

1. Chop a ½ C each of; carrots, broccoli, onion, and snap peas

2. For the sauce mix together; 2 T low sodium soy sauce, 2 T water, 1 T ginger, 1 T lime juice, 1 tsp red pepper flakes, and 1 T corn starch

3. Heat a large pan over medium-high heat, add 2 T canola oil and heat.

4. Stir-fry the onions for 1 minute and add the broccoli and carrots, stir-fry for another 2 minutes and add the peas. Stir-fry for another 2 minutes and add the sauce, stirring constantly until sauce thickens.

