

# Vegetable Stir Fry



1. In a frying pan on medium-low heat, add:
  - 2 tablespoons oil
  - 4 cups chopped vegetables of your choice such as onion, carrots, celery, broccoli, zucchini, mushrooms or cauliflower. (You could also use frozen mixed vegetables.)
2. Fry until vegetables are soft and cooked, about 5 to 10 minutes.
3. Add a stir-fry sauce\* and mix well.

Try serving over brown rice or whole wheat pasta or noodles.

## \* **Ginger Stir-Fry Sauce**

- $\frac{1}{3}$  cup soy sauce
- $\frac{1}{8}$  teaspoon ginger powder
- 2 cloves garlic, chopped (or  $\frac{1}{4}$  teaspoon garlic powder)
- 1 tablespoon brown sugar or honey

## \* **Orange Stir-fry Sauce**

- $\frac{1}{2}$  cup orange juice
- 1 tablespoon soy sauce
- 1 teaspoon ginger powder

## \* **Lemon Garlic Stir-Fry Sauce**

- 3 tablespoons soy sauce
- 2 tablespoons lemon juice
- 1 teaspoon garlic powder
- 2 tablespoons honey

