



Garden Stir Fry

Yield: 4-6 servings

Ingredients:

- 1 yellow onion
- 2 garlic cloves, minced
- 1 tbsp. minced ginger
- 1 head of broccoli, cut into small florets
- 1 head of cauliflower, cut into small florets
- 1 red bell pepper, diced
- 2 carrots, shredded
- 1 cup snap peas
- Bok choy, Chinese cabbage or spinach
- mung bean sprouts

Sauce:

- 2 tbsp toasted sesame oil
- 1 tbsp cornstarch
- juice of 1 lime
- $\frac{1}{4}$ cup soy sauce or Tamari
- 2 tsp honey (or maple syrup)

Directions:

1. In a small bowl or liquid measuring cup, whisk together a tablespoon of sesame oil, cornstarch, juice of one lime, honey and soy sauce. Set aside.
2. In a wok or large skillet, heat remaining tablespoon sesame oil over high heat. Once hot, add the garlic, ginger, and onion and cook for about 30 seconds. Add the broccoli, cauliflower, bell pepper, snap peas, and carrots and cook for 2 to 3 minutes, until vegetables are just beginning to soften. Cover the pan to steam the vegetables for a few minutes. Add in the greens.
3. Stir the sauce mixture to incorporate any settled cornstarch, then add to the pan and bring to a simmer. Reduce the heat to low to continue to heat and thicken the sauce, stirring to coat the vegetables. Add in the mung bean sprouts.
4. Serve stir fried vegetables over brown rice or quinoa.