

### **Gingered Vegetable Stir-Fry with Cashews**

1 pound fresh broccoli

2 medium carrots

2 tablespoons canola oil

1 teaspoon ginger

1 clove garlic, minced

1 (6-ounce) package frozen snow peas, thawed

1 cup sliced mushrooms

2 green onions, cut in 2-inch lengths

½ cup water

2 tablespoons reduced sodium soy sauce

1 teaspoon sugar

1 tablespoon sesame oil

2 tablespoons chopped cashew nuts

1. Cut the broccoli tops in florets; set aside. Cut carrots in matchsticks.
2. Heat the oil in a large non-stick skillet over high heat.
3. Add the carrots and garlic. Stir-fry (or cook and stir continuously) for 1 minute.
4. Add the broccoli florets, snow peas, mushrooms, ginger and green onions. Toss gently to mix ingredients.
5. Combine the water, soy sauce, and sugar in a small bowl. Stir into the vegetable mixture. Cover; cook for about 2 minutes, until vegetables are fork tender. Remove from heat.
6. Drizzle the sesame oil over vegetables; toss gently.

7. To serve, sprinkle with cashew nuts.

Yield: 8 (3/4 cup) servings

**Note:** In place of any of these vegetables — or in addition to them — use sliced bell peppers, carrots, green beans, summer squash or zucchini.

**Nutrition Information per Serving:** Calories: 130; Calories from fat: 70; Total fat: 7g;

Sodium: 160mg; Total carbohydrates: 12g; Dietary fiber: 3g; Sugars: 3g; Protein: 5g

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