



Ginger Vegetable Stir Fry

Serves 4

Ingredients:

- 1 Tbsp. corn starch
- 1½ tsp. garlic
- 2 tsp. ginger root, divided
- ¼ cup peanut or sesame oil
- 4 cups stir fry veggies (e.g. broccoli, cauliflower, carrots)
- 2 Tbsp. soy sauce
- 2 Tbsp. water
- ¼ cup chopped onion

Directions:

1. In a large bowl, whisk together the cornstarch, garlic, 1 teaspoon ginger, and 2 tablespoons of the oil. Then add-in the stir-fry veggies, tossing lightly to coat.
2. Heat the remaining 2 tablespoons of oil in a large skillet or wok over medium heat. Add the vegetables and cook the vegetables for 2-3 minutes, stirring constantly. Then add-in the soy sauce, water, onion, and remaining ginger. Cook until vegetables are tender but still crisp.

Serving suggestion – Serve over cooked brown rice or quinoa.