

Oriental Sweet and Sour Vegetables

Rating: ★★★★★

Makes: 6 servings

Ingredients

- 1 **tablespoon** honey
- 1 **tablespoon** lemon juice
- 1 **teaspoon** soy sauce (low sodium)
- 1/4 **teaspoon** ginger
- 1 **cup** pineapple or orange juice
- 1 **tablespoon** cornstarch (for thickness)
- 2 **teaspoons** oil
- 1 **pound** frozen stir-fry vegetables (bag)

Directions

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	80	
Total Fat	1.5 g	2%
Protein	1 g	
Carbohydrates	14 g	5%
Dietary Fiber	1 g	4%
Saturated Fat	0 g	0%
Sodium	45 mg	2%