

Spicy Broccoli and Friends

Prep time: 20 minutes

Cook time: 10 minutes

Makes: 6 Servings

Ingredients

1/2 cup Onions, slivered
1/2 cup Green peppers, slivered
2 1/2 cups Broccoli, bite size pieces
2 cups Cauliflower, bite size pieces
1 tablespoon Hoisin sauce
1 tablespoon Soy Sauce, low salt
1/2 teaspoon garlic powder
1/2 teaspoon crushed red pepper
1/4 teaspoon cayenne pepper
2 ounces White cooking wine
1/4 cup celery, chopped
1/2 cup Pea pods, fresh
1 tablespoon olive oil



Directions

1. Fill a large pot 1/2 full of water. Bring to a boil. Add carrots and cook for 3 minutes. Add cauliflower and broccoli and cook for another 3 minutes.

2. Heat oil in large saute pan or wok until just below smoking point. Add all vegetables to pan and fry for 3 minutes until tender. Add all seasonings and sauces. Blend well.

3. Serve hot.

Almond-Bancroft Schools (Recipes for Healthy Kids Competition)