
Hot & Sour Vegetable Stir Fry

Sendik's Fine Foods

Internet Address: Access our online cookbook at www.sendiksfinefoods.com

Servings: 6

Preparation Time: 20 minutes

Start to Finish Time: 40 minutes

Oil should be very hot. Vegetables should be crisp or al dente'. Cooking times may vary according to oil temperature.

1 cup grapefruit juice
1/4 cup reduced sodium soy sauce
3 tablespoons cornstarch
1 1/2 tablespoons brown sugar
1 1/8 teaspoons crushed red pepper
3 tablespoons olive oil
1 1/2 cups sweet potato, cut in 1/2" cubes
1 1/2 cups mushrooms, sliced
1 1/2 cups sugar snap peas
4 green onions, cut in 1/4" slices
3/4 cup cabbage, shredded
3/4 cup bean sprouts
1/2 cup zucchini, sliced
1/2 cup yellow squash, sliced
1 1/2 cups combined green, red and yellow pepper, julienned

Prepare the sauce by placing the grapefruit juice, soy sauce, cornstarch, brown sugar and crushed red pepper in a bowl and mix together. Set aside.

Heat a wok or sauté type skillet. Add oil to the pan. Add sweet potatoes and cook for about six minutes, stirring occasionally. Add mushrooms, snap peas and green onions. Stir and cook for 3 minutes. Add cabbage, bean sprouts, zucchini, yellow squash and peppers, stir and cook 2 minutes.

Stir sauce and add to wok or sauté skillet. Continue to cook and stir, about two minutes. Sauce will thicken. Remove from heat and serve over rice.

Serving Ideas: Serve over steamed rice.

Vegetarian Entrees