**VEGETABLE STIR-FRY**

***Yield - Serves 4***

**Ingredients:**

1. 2 cups cooked rice (can be white rice or brown rice – prepare as directed on package.)
2. 1 1/2 carrots – washed, trimmed, peeled, and cut julienne style
3. 1/2 zucchini – washed, trimmed, and cut julienne style
4. 2 scallions, trim and bias cut to ¼
5. 1/4 pkg. frozen snow peas, or snap peas
6. 2 Tbsp. cooking oil
7. 4 Tbsp. water
8. 4 Tbsp. cooking sherry
9. 4 Tbsp. soy sauce
10. 2 1/2 tsp. cornstarch
11. Pinch of pepper

**Directions:**

1. Prepare Rice
2. Prepare ALL fresh produce.
3. Make the sauce by combining water, sherry, soy sauce, cornstarch and pepper in a small bowl and mix well.
4. Heat oil in wok for 30 seconds at high hear or 400° if using electric Wok.
5. Add carrots to hot oil and stir-fry, stirring constantly, for 1 minute.
6. Add zucchini, stir-fry, stirring constantly, for 1 minute.
7. Add snow/snap peas and scallions and stir-fry, stirring constantly, for 1 minute.
8. Move veggies to outer (cooler) rim of wok and pour sauce into center.
9. When it bubbles and thickens, turn off and stir veggies back in.
10. Stir cooked rice in, or serve on the side.
11. Serve Immediately.