

Chinese Veggie Stir Fry

Serves 8.

A warm side-dish that gives you your starch and your vegetables!

1 tbsp oil
1 large onion, thinly sliced
1 zucchini, thinly sliced
½ red pepper, thinly sliced
½ tsp frozen garlic
1 tsp of ginger
salt and pepper to taste

Boil 1 package of angel hair pasta according to directions on the package.

Reserve ½ c. liquid from noodles
¼ c. of either white wine or red vinegar
3 tbsp of olive oil
1 tbsp soy sauce
2 tbsp corn starch

Lightly sauté vegetables with garlic, ginger, salt and pepper. After 4-5 minutes, add in the marinade. Saute for 2 more minutes, until most of the liquid evaporates. Pour over pasta. Add more salt to taste.

*hint – this works well with any veggie combo – I love adding broccoli and corn.