

The Healthy Lunchtime Challenge Cookbook

54 WINNING RECIPES FROM AMERICA'S JUNIOR CHEFS



MINNESOTA



Garden Stir-Fry

KAITLYN KIRCHNER, 9

"This is my favorite recipe because it tastes great and it is fun to make! My mom, sisters, and I grow all the vegetables in our garden," says Kaitlyn. "We pick the vegetables in the morning, wash and cut them, and have them ready for our dad to stir-fry when he arrives home for lunch. We serve the recipe with cooked quinoa and a glass of soy milk."

Makes 4 servings

INGREDIENTS

1/2 cup low-sodium chicken broth
1/2 tablespoon cornstarch
1 teaspoon reduced-sodium wheat-free soy sauce
1 tablespoon sesame oil
2 cloves garlic, minced
1 teaspoon freshly grated ginger
2 cups chopped broccoli
1 1/4 cups chopped yellow squash
1 1/4 cups carrots, cut into matchsticks
1 1/4 cups sugar snap peas
1 cup sliced onion
1 cup sliced red bell pepper

PREPARATION

1. In a medium bowl, whisk together the chicken broth, cornstarch, and soy sauce. Set aside.
2. In a wok or sauté pan over moderately high heat, warm the sesame oil. Add the garlic and ginger and cook for 1 minute. Add the broccoli, squash, carrots, sugar snap peas, onion, and bell pepper and cook until tender, 7 to 10 minutes. Add the soy sauce mixture, reduce the heat to moderate, and continue cooking until the sauce is thickened.

100 calories; 3g protein; 15g carbohydrates; 4g fat (1g saturated fat); 215mg sodium

