

## Chinese Vegetable Stir Fry

### Ingredients:

- 3/4 cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 1/2 teaspoons cornstarch
- 1 teaspoon light soy sauce
- 2 teaspoons vegetable oil
- 1 head broccoli
- 1 head cauliflower
- 2 carrots, sliced
- 2 stalks celery, sliced
- 1 red bell pepper, chopped

### Equipment:

- Cutting board
- Knife
- Non-stick skillet
- Measuring cups
- Measuring spoons

Number of Servings: 4  
 Preparation Time: 5 minutes  
 Total time: 20 minutes

### Directions

1. Combine pineapple juice, sugar, lemon juice, cornstarch and soy sauce in a mixing bowl. mix well with a fork, breaking up lumps. Set aside.
2. Hold broccoli by the stalk and turn upside down on a cutting board. Cut off the branches, turning the stalk to reach the next branch, until all the flowers are gone. Chop up the stalk into bite size pieces, and throw away the tough parts. Set aside.
3. Chop cauliflower in the same manner as the broccoli and set aside. Trim ends of carrots. Starting at the small end, slice into thin slices.
4. Trim ends of celery and cut into shorter lengths. Lay these pieces side by side. Cut wider pieces in half lengthwise so that all the pieces are about the same size. Cut across the ends until all pieces are chopped up.
5. Wash a red pepper and, hold it by the top with the bottom sitting on a cutting board. Slice down one side, cutting between the spines where the white membranes are. Turn the pepper to the next side, and slice off the next side between the spines. Keep turning until you have a skeleton. This piece can be thrown away. Take the sides you have created and slice them apart, then dice the slices.
6. Heat oil in a skillet over medium high heat. Add broccoli, carrots, cauliflower, and celery: cook for 2 minutes. Add bell pepper: cook for 2 minutes.
7. Stir sauce well and add sauce to skillet, bring to a boil and cook for 1 minute. Stir to distribute sauce over vegetables. Can be served over brown rice.

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Nutrition Facts			
Serving Size: 1 & 1/2 cups			
Servings: 4			
Amount Per Serving			
Calories	140	Calories from Fat	27
		%Daily Value*	
Total Fat	3g		5%
Saturated Fat	trace 1g		1%
Cholesterol	0mg		0%
Sodium	130mg		5%
Total Carbohydrate	26g		9%
Dietary Fiber	7g		29%
Protein	6g		12%
Vitamin A	328%	Vitamin C	369%
Iron	11%	Calcium	11%

\*Percent Daily Values are based on a 2,000 calorie diet.

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