

## Japanese Stir-fry Vegetables

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- 2 tsp canola oil
- ¾ cup fresh snow peas
- ¼ cup sliced red onion
- ¼ cup thinly sliced red & yellow bell peppers
- ¼ cup stemmed and sliced shitake mushrooms
- ½ cup broccoli florets
- 1 cup shredded Napa cabbage (also works with standard cabbage)
- ½ cup Mongolian BBQ sauce (see separate recipe)

### *Instructions:*

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1. Heat wok until hot and add oil. Add vegetables and cook for 30 seconds to 1 minute until vegetables are crisp, but tender.
2. Add BBQ sauce and toss to coat vegetables.
3. Recommend to serve with rice noodles.

**Makes 4 servings**

Source: Canyon Ranch Cooks

Nutrition per ½ cup serving: 65 calories; 8 gm carbohydrates; 2 gm fat; 0 gm cholesterol; 2 gm protein; 275 mg sodium; 2 gm fiber