

Glazed Snow Peas and Carrots

Yield: 10 servings

1 teaspoon crushed fresh garlic

1 ½ teaspoons freshly grated ginger root, or ½ teaspoon ground ginger

4 cups (about 1 pound) snow peas or sugar snap peas

4 cups (about 4 large) diagonally sliced carrots

½ cup dry sherry or chicken broth

Glaze

¼ cup chicken broth

2 tablespoons lemon juice

1 tablespoon reduced-sodium soy sauce

2 teaspoons sugar

2 teaspoons cornstarch

Method

- 1. Combine the glaze ingredients in a small bowl, and stir to mix well. Set aside.*
- 2. Coat a large skillet with nonstick cooking spray, and preheat over medium heat. Place the garlic and ginger in the skillet, and stir-fry for 30 seconds. Add the peas and carrots to the skillet and pour the sherry or chicken broth over the top. Reduce the heat to medium-low, cover, and cook for 8 to 10 minutes, or until the vegetables are crisp-tender. Stir occasionally.*
- 3. Reduce the heat under the skillet to low. Stir the glaze mixture, and pour over the vegetables. Stirring constantly, cook the vegetable mixture for a minute or 2, until the glaze has thickened. Serve immediately.*

Nutritional Facts (per 2/3-cup serving)

Calories: 46

Fat: 0.2g

Protein: 1.9g

Cholesterol: 0 mg

Fibre: 2.4g

Sodium: 89 mg