

FARMER'S MARKET STIR-FRY

(Choose any vegetables that are in season!)

- 1 Tablespoon oil
- 1 clove garlic, minced or crushed
- 1 teaspoon ginger
- 1 head of broccoli, cut into small florets
- 3 carrots, scrubbed and sliced thin
- 1 onion, peeled and sliced
- 2 Tablespoons water
- 1 Tablespoon soy sauce

1. In large skillet, heat oil and stir-fry garlic and ginger 15 seconds.
2. Add vegetables, tossing to mix well. Add water and cover skillet. Cook for 3 minutes over medium high heat.
3. Remove cover and turn heat to high; cook and stir for 5 minutes more until tender-crisp.
4. Mix in soy sauce and serve.

Makes 4 servings.