

STIR-FRIED VEGETABLES

1/4 c. celery	<u>optional:</u>
2 Tbsp. onion	1/4 c. bamboo shoots
1/4 c. green pepper	1/4 c. bean sprouts
1 c. shredded cabbage	1/4 c. mushrooms
1/4 c. other fresh vegetables	1/4 c. zucchini
1 1/2 tsp. cornstarch	
2 Tbsp. soy sauce	
2 tsp. sugar	
2 Tbsp. vegetable oil	

First, all ingredients must be prepared. Chop celery, onion and optional vegetables separately. Cut green peppers into strips and shred the cabbage. In a small bowl, stir 2 tablespoons cold water into cornstarch; then, stir in soy sauce, sugar and dash pepper. Set aside. Preheat a wok or large skillet over medium-high heat; add vegetable oil. Stir-fry and toss celery, onion and green pepper for 2 minutes. Add cabbage and remaining vegetables. Stir soy mixture into vegetables. Cook and stir for 2-3 minutes or until thickened and bubbly. Do not overcook.