

BROCCOLI AND CARROT STIR-FRY

1 Tbsp. oil	3 medium carrots, sliced thin
1 tsp. garlic, minced	1 onion, sliced thin
1 tsp. ginger	2 Tbsp. water
1 head broccoli, cut into flowerets	1 tsp. soy sauce

- In a large skillet heat the oil briefly. Add the garlic and ginger and stir-fry for 15 seconds.
- Add the broccoli, carrots, and onion, tossing the vegetables to mix them well. Add the water, then cover the skillet. Cook the vegetables for 3 minutes over medium heat.
- Remove the cover and turn the heat up to high. Cook the vegetables, stirring them 5 minutes longer or until tender crisp.
- When the vegetables are cooked, mix in soy sauce.

Refrigerate leftovers.

