

## Cantonese Seasonal Stir-Fried Vegetables [from the kitchen of Sally Brooks, Faith Temple Christian Church]

6 md carrots (sliced on a slant)	1 TB soy sauce
1 can straw mushrooms (drained)	1/2 lb pea pods
1/3 cup liquid from mushrooms	1 can baby corn (drained)
8-10 fresh water chestnuts (sliced)	3 TB hoison sauce
1 cup leeks (1 inch pieces)	1 cup bean sprouts
1 md red bell pepper (triangular cut)	1/4 cup pine nuts
Salt to taste	

### Binder:

2 TB corn starch	1/2 ts salt
1 TB rice wine or sherry	1/2 ts black pepper
2 TB peanut oil	1/2 ts sugar

Mix mushrooms stock with hoisin sauce and soy sauce, then mix in binder. Place wok over high flame for 30 seconds, then add peanut oil and heat until oil is very hot. Add carrots and leeks, and stir fry for 2 minutes, adding salt, black pepper and sugar. Add stock and hoisin sauce mixture. Bring to a boil and continue cooking over high flame for 2 minutes. Add straw mushrooms, baby corn, pepper, water chestnuts and pea pods. Cook over high flame until vegetables are thoroughly heated and barely tender, about 2 minutes. Add bean sprouts. Re-stir binder and add while stir frying for 1 minute. Place on serving dish and sprinkle with nuts.

### Recipe makes 6 servings

### Each serving contains:

195 Kcal  
6 grams of fat  
3 serving of vegetables

The above recipe was compiled as part of the Eat for Life Program, a research initiative of the Rollins School of Public Health, Emory University; Kenneth Resnicow, Ph. D., principle investigator.

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