

Asian Snow Peas

Ingredients:

Serves 4

- 1 teaspoon oil
- ½ cup carrots, scrubbed and thinly sliced
- ½ pound snow pea pods
- 1 can water chestnuts, drained
- ½ cup water
- 1/2 teaspoon chicken bouillon
- 1 teaspoon soy sauce
- 1 teaspoon cornstarch



Directions:

1. Heat oil in skillet on medium-heat.
2. Add sliced carrots. Sauté for 3 minutes. Add snow peas and water chestnuts. Sauté 2 minutes.
3. In separate bowl, combine water, bouillon, soy sauce and cornstarch, stir until cornstarch dissolves. Add to vegetable mixture.
4. Cook over medium heat, stirring constantly, until sauce thickens.
5. Serve immediately.

Recipe adapted from Center for Disease Control and Prevention

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