



Oriental Sweet and Sour Vegetables

Serving Size: 1/2/cup

Yield: 6 servings

Ingredients:

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon light soy sauce
- 1/4 teaspoon ginger
- 1 cup pineapple or orange juice
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 1 pound frozen stir-fry vegetables (bag)



Directions:

1. Combine all ingredients except vegetables into bowl, mix and set aside.
2. Heat 2 teaspoons of oil in skillet and add frozen vegetables. Cook for 3-4 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil.
4. Serve immediately. This dish is great over pasta or brown rice.

Nutrition Facts per serving: Calories, 80; Calories from fat, 15 ; Total fat, 1.5g; Saturated fat, 0g; Trans fat 0g; Cholesterol, 0mg; Sodium, 45mg; Total Carbohydrate, 14g; Fiber, 1g; Protein, 1g; Vitamin A, 10%; Vitamin C, 45%; Calcium, 2%; Iron, 2%.

Source: SNAP-Ed Connection, <http://recipefinder.nal.usda.gov> and University of Florida, IFAS Extension, Cooking Healthy with Diabetes

