

Jade Green Vegetables

Ingredients:

- 1 ½ large heads of broccoli
- 4 oz. (1 cup) fresh snow peas or sugar snap-peas
- 6 oz. (1 ½ cups) fresh green beans
- 3 cloves garlic, minced
- ½ - 1 tsp. fresh ginger, minced
- 2 tsp. dark sesame oil
- 1 can sliced mushrooms* (reserve liquid)
- 1 cup water
- 1 Tbsp. low-sodium soy sauce
- 1 heaping Tbsp. cornstarch



Servings: 8

Instructions:

1. Sauté garlic, ginger, broccoli, and green beans in oil.
2. When partially cooked, add drained mushrooms and snow peas.
3. Add water and soy sauce to vegetables and bring to a boil.
4. Add cornstarch, dissolved in mushroom juice, and continue simmering until thickened.
5. Serve immediately. Makes 8 servings. Serving size: < 1 cup.

Nutrition Facts

8 servings per container	
Serving size	<1 cup (121g)
Amount per serving	
Calories	45
	% Daily Value*
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 7g	3%
Dietary Fiber 1g	4%
Total Sugars 2g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 16mg	2%
Iron 1mg	6%
Potassium 69mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.