

Farmers Market Fun Family Recipes



Serving Size: ½ Cup

Yield: 4 servings

Ingredients

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|---|---------------------------------|
| 1 teaspoon sesame oil | ½ cup low-sodium chicken broth |
| ½ pound fresh or frozen snow pea pods, ends trimmed | 1 teaspoon low-sodium soy sauce |
| ½ cup diagonally sliced carrots | 1 teaspoon cornstarch |
| ¼ cup sliced water chestnuts, canned, no-salt-added | |

Instructions

1. Add oil to a nonstick skillet and heat on medium-high.
2. Add snow peas and carrots. Sauté 2 minutes.
3. Add water chestnuts and broth.
4. Bring to a boil. Cover, reduce heat, and simmer 5 minutes or until vegetables are crisp-tender.
5. Combine soy sauce and cornstarch; stir until cornstarch dissolves. Add to vegetable mixture.

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Nutrition information:

Calories: 60

Carbohydrate: 9 gm

Fiber: 2 gm

Fat: 0 gm

Protein: 3gm

Cholesterol: 0 mg

Sodium: 75 mg

*For more information,
contact your county
WVU Extension office
or go to www.ext.wvu.edu.*



6. Cook over medium heat, stirring constantly, until sauce thickens. Serve immediately.

Remember

Always wash your hands before preparing or eating produce. To properly wash your hands, use warm running water, lather with soap for 20 seconds, and dry hands with a clean paper towel or hand towel. Use the towel to turn off the tap. This prevents bacteria that you transferred to the tap handle when turning on the water from recontaminating your hands.

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