Ingredients

1 teaspoon sesame oil
½ pound fresh or frozen snow pea pods, ends trimmed
½ cup diagonally sliced carrots
¼ cup sliced water chestnuts, canned, no-salt-added

½ cup low-sodium chicken broth
1 teaspoon low-sodium soy sauce
1 teaspoon cornstarch

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

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