

REAL LIVING

Veggie Cashew Stir-Fry

INGREDIENTS

1/4 c reduced-sodium soy sauce
1/4 c water
2 T honey
2 T lemon juice
2 T olive oil
1 garlic clove, minced
2 c sliced fresh mushrooms
1 c baby carrots, chopped
1 zucchini, cut into 1/4-inch slices
1 green pepper, chopped
4 green onions, sliced
2 cups cooked brown rice
1 can (8 ounces) sliced water chestnuts, drained
1/2 cup cashews

DIRECTIONS

In a small bowl, mix soy sauce, water, honey and lemon juice until smooth; set aside.

In a large skillet, heat oil over medium-high heat. Stir-fry garlic for 1 minute. Add vegetables; cook until vegetables are crisp-tender, 6-8 minutes.

Stir soy sauce mixture and add to pan. Bring to a boil. Add rice and water chestnuts; heat through.

Top with cashews.