

# EatAtHomeAlabama.com

## Five-Veggie Stir Fry

Prep Cook Time: 20 minutes

SERVES 4

### Ingredients:

2 tablespoons cornstarch  
2 tablespoons sugar  
½ teaspoon ground ginger  
1 cup Barber's Dairy Orange Juice  
¼ cup reduced-sodium soy sauce  
2 garlic cloves, minced  
2 large carrots, minced  
2 cups broccoli florets  
2 cups cauliflowerets  
4 teaspoons olive oil  
1 cup quartered fresh mushrooms  
1 cup fresh or frozen snow peas  
4 cups hot cooked rice

### Steps :

1. In a small bowl, combine the cornstarch, sugar and ginger. Stir in Barber's Dairy Orange Juice, soy sauce and garlic until blended. In a nonstick skillet or wok, stir-fry the carrots, broccoli and cauliflower in 3 teaspoons of oil for 4-5 minutes.
2. Add mushrooms, peas and remaining oil; stir-fry for 3 minutes. Stir in orange juice mixture and add to the pan. Bring to a boil' cook and stir until thickened.
3. Serve over rice.