



## RECIPES

### MUSHROOM & VEGETABLE STIR-FRY

- 2 tablespoons vegetable oil
- 1 small red bell pepper, cut into 1/4-inch thick strips
- 2 large carrots, sliced 1/8-inch thick (1 cup)
- 1 cup sugar snap peas
- 2 green onions, thinly sliced
- 3 tablespoons soy sauce, divided
- 3 cloves garlic, minced
- 1 teaspoon ground ginger
- 1 can (15 ounces) peeled straw mushrooms, drained
- 1 tablespoon cornstarch
- 1 cup chicken or vegetable broth, divided
- 1 teaspoon sesame oil
- 1 package (9 ounces) Chinese-style noodles
- 1/2 cup **Fisher® Culinary Touch®**  
*Sweet Asian Blend*

In wok or large skillet, heat oil over medium-high heat 1 to 2 minutes until hot.

Add bell pepper, carrots, snap peas and green onions; stir-fry 3 to 5 minutes until vegetables are crisp-tender. Add 1 tablespoon soy sauce, garlic and ginger; stir-fry 2 to 3 minutes. Add mushrooms and 1 tablespoon soy sauce.

Combine cornstarch, remaining 1 tablespoon soy sauce and 1 tablespoon chicken broth; set aside. Add remaining broth to wok; cook 2 to 3 minutes until mixture begins to bubble. Add cornstarch mixture and sesame oil to wok. Cook additional 2 to 4 minutes until thickened. Meanwhile, cook noodles according to package directions.

Drain noodles; transfer to wok. Toss to coat; transfer to large serving bowl or platter. Sprinkle with **Sweet Asian Blend**; serve immediately.

Yield: 4 servings

**Nutrition information per serving:** 390 Calories, 13 g Total Fat, 2 g Saturated Fat, 0 g Trans Fat, 10 mg Cholesterol, 1070 mg Sodium, 57 g Carbohydrate, 7 g Fiber, 7 g Sugars, 14 g Protein