



SUGAR SNAP AND SNOW PEA STIR-FRY

- 1 tablespoon low-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoon cornstarch
- 1/4 teaspoon chile-garlic sauce, such as sambal oelek, optional
- 1 tablespoon vegetable oil
- 1 medium red onion, halved, cut into wedges, and pulled apart (1 1/2 cups)
- 1 small yellow bell pepper, thinly sliced (1 1/2 cups)
- 1 cup raw unsalted cashews
- 1 tablespoon grated fresh ginger
- 8 ounces. sugar snap peas
- 8 ounces snow pea pods
- 8 green onions, cut into 1-inch pieces

Directions

1. Whisk together soy sauce, sesame oil, cornstarch, chile-garlic sauce (if using), and 1/2 cup water in small bowl. Set aside.
2. Heat vegetable oil in wok over high heat. Add onion, bell pepper, cashews, and ginger, and stir-fry 2 to 3 minutes, or until onion and cashews begin to brown. Add snap peas, and stir-fry 1 minute. Add snow peas and green onions, and stir-fry 2 to 3 minutes more. Add soy sauce mixture, and cook 1 to 2 minutes more, or until sauce has thickened and vegetables are coated with sauce. Serves 4.

Sharon says, "I like to add Thai Sweet Chili Sauce. Michael does a version where he adds peanut butter and substitutes peanuts for the cashews."

Adapted from Vegetarian Times by Sharon Scroggins.