

## "Eat With Your Fingers" Chinese Vegetable Garden

Serves 4

The perfect antidote for kids who think eating vegetables isn't entertaining. This dish is full of shapes and colors—and yes, kids can eat this with their fingers. Try mixing the cooked vegetables into noodles or couscous. You may also toss in cooked pieces of chicken, diced tofu or shrimp.

- 2 teaspoons canola or peanut oil
  - 1/2 cup broccoli florets
  - 1/2 cup carrot, sliced 1/2-inch thick
  - 1/2 cup celery, sliced 1/2-inch thick
  - 1/2 cup snow peas, ends snipped
  - 1/2 cup red pepper, sliced 1/2-inch thick matchsticks
  - 1/4 cup water chestnuts, sliced
  - 1 ear fresh cob corn, cut in 1-inch thick wheels (optional)
  - 2 teaspoons low sodium tamari or soy sauce
  - 1 teaspoon honey
  - squeeze of lemon
1. Heat the canola or peanut oil in a large sauté pan or wok over moderate heat and toss in the broccoli, carrot, celery, snow peas, red pepper, water chestnuts and corn wheels and stir constantly to prevent burning for 3 minutes until the vegetables are firm but begin to cook.
  2. Add the tamari and honey, continue to cook for a moment longer. Don't overcook the vegetables, which will keep them slightly crunchy and easy to hold. Squeeze the lemon over all and serve.