Vegetable Stir Fry

By: Molly B.

Serving Size: 4

Ingredients:

2 Carrots Sticks
2 Broccoli Crowns
1 Bell Pepper
1 Cup Snap Peas
1 Tbsp Olive Oil
1/2 Can Baby Corn
6 oz Can Water Chestnuts
Small Handful of Sliced Almonds
One Package of Egg Noodles
2 tsp Minced Garlic
1/2 Cup Soy Sauce

Instructions:

1. Wash vegetables thoroughly.
2. Chop all fresh vegetables into bite-sized pieces.
3. Coat skillet or wok with olive oil. Add carrots, broccoli, bell pepper, snap peas and baby corn to skillet or wok. Stir and cook for 10 minutes on low-medium heat.
4. In a medium sized pot, boil water and add noodles. Cook until tender. Drain.
5. Add water chestnuts, sliced almonds, and noodles to skillet or wok. Cook for 5 to 10 minutes.
6. Add garlic and soy sauce, mix and remove from heat.
7. Enjoy!