

Ginger-Sesame Stir-Fry with Vegetables - recipe from

TheOtherWhiteMeat.com

Times: 15 minutes prep, 15 minutes cook

Ingredients:

12 ounces ham, cut into bite-size strips

1/3 cup orange juice

2 tablespoons soy sauce, reduced-sodium

1 tablespoon cornstarch

1/2 teaspoon ground ginger

1/2 teaspoon garlic powder

1 tablespoon cooking oil

3 cups broccoli florets



1/2 16-oz package pepper stir-fry vegetables, frozen

2 teaspoons sesame seeds, toasted

Cooking Directions:

For sauce, combine orange juice, soy sauce, cornstarch, ginger and garlic powder in a small bowl. Set aside.

Pour cooking oil into a large skillet or wok. Heat over medium high heat. Add broccoli and frozen peppers to skillet. Cook and stir about 3 minutes or until vegetables are just tender. Remove vegetables from skillet. Add ham to skillet; cook and stir about 1 minute or until heated through; push ham to edges of skillet. Stir sauce; add to center of skillet. Cook and stir until thickened. Return vegetables to skillet. Cook and stir about 1 minute more or until heated through. Sprinkle with sesame seeds.

Serves 4.



Nutrition:

Calories: 219 calories

Protein: 21 grams

Fat: 9 grams

Sodium: 1293 milligrams

Cholesterol: 26 milligrams

Saturated Fat: 2 grams

Carbohydrates: 10 grams

Fiber: 2 grams

