

MARINATED VEGETABLE STIR FRY

The perfect combination of vegetable salad and stir fry.

by Jill Yarbrough, Dining Services Test Kitchen Manager

Featured Food: Summer Squash

Yield: Serves 4-6

Ingredients

Marinade:

1 c. Honey Dijon vinaigrette

½ c. dry white wine

1 t. fresh basil, chopped or ½ t. dry

Vegetables:

3 c. fresh mushrooms, quartered

1 c. onion, cut into ½" x 1" wedges

1 c. green peppers, julienned

1 ½ c. zucchini squash, sliced into ¼-inch coins

1 ½ c. yellow squash, sliced into ¼-inch coins

1 c. carrots, sliced

1 T. canola or vegetable oil

Preparation

Mix marinade ingredients together. Add vegetables to the marinade; refrigerate for three to four hours, stirring occasionally. Drain vegetables, reserving marinade. Heat oil in sauté pan or wok.

Add vegetables to pan and stir-fry until tender. Add as much marinade as desired for flavor. Heat through. Serve with rice. Meat or tofu can be added if desired.