

Recipe for: Stir-Fry Veggies

Ingredients:

1 bunch asparagus, chopped
1 crown broccoli, chopped
1 red pepper, diced
1 zucchini, halved and sliced
1 yellow squash, halved and sliced
1 onion, diced
Olive oil
Garlic, minced
Salt and pepper

Preparation:

In a large frying pan or wok, heat olive oil and garlic.

Add cut up vegetables and stir-fry.

This is a great way to prepare veggies that can be added to any dish.

* Add chicken or beef and serve over brown rice or a salad for a complete meal.