

# Sweet & Sour Veggies



3 cups broccoli florets  
2 medium carrots, sliced  
1 large red bell pepper, sliced  
¼ cup water  
2 teaspoons cornstarch  
1 teaspoon sugar  
1/3 cup unsweetened pineapple juice  
1 tablespoon reduced-sodium soy sauce  
1 tablespoon rice vinegar  
½ teaspoon dark sesame oil

1. Combine broccoli, carrots and bell pepper in large nonstick skillet. Add water and bring to a boil. Reduce heat, cover and steam for 4 minutes.
2. Meanwhile, combine cornstarch, sugar, pineapple juice, soy sauce, and vinegar in small bowl and blend until smooth.
3. Drain vegetables in a colander.
4. Stir soy sauce mixture and add to skillet.
5. Cook and stir until sauce boils and thickens.
6. Return vegetables to skillet and toss with sauce.
7. Add oil and toss well.

Makes 4 servings.  
Per Serving:  
Calories 65,  
Fat 1 g,  
Cholesterol 0 mg,  
Sodium 163 mg,  
Carbohydrate 13g,  
Protein 3 g.