

## Colorful Vegetable Stir-Fry

2 c. fresh broccoli flowerets, washed and drained  
2 c. zucchini squash, thinly sliced  
2 c. yellow squash, thinly sliced  
1 green pepper, cut in strips  
1 small onion, sliced and quartered  
1 large tomato, cut in thin wedges  
2 T. cooking oil  
1 (14 oz.) can low-sodium chicken broth  
1 tsp. cornstarch  
2 tsp. low-sodium soy sauce  
¼ tsp. ginger  
Salt and pepper to taste

Mix together soy sauce, chicken broth, and cornstarch for the sauce and set aside. Heat oil and ginger in large skillet. Add onion and green pepper; cook 2-3 minutes, stirring often. Add broccoli, zucchini and yellow squash and cook until tender, but still crisp (1-2 minutes) stirring often. Push vegetables from center of pan. Stir sauce and then pour it in the center of pan. Cook and stir sauce until thickened and bubbly. Add tomatoes; stir to coat with sauce and heat thoroughly. Blend all vegetables together in sauce. Serve over rice or pasta and season with salt and pepper to taste. Serves 4 one-cup servings.

Nutrition information: 130 calories, 8g total fat, 1g saturated fat, 0mg cholesterol, 210mg sodium, 4g dietary fiber, 5g protein.