

Lemon-Garlic Snap Peas & Mushrooms



Makes:

6 servings, as a side dish

Utensil:

Saladmaster Food Processor
7 Qt./6.6 L Wok with Cover
small mixing bowl

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Recipe:

Contributed By:

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Recipe Description:

Sugar snap peas are tender and sweet with a crispy texture. Remove the tips and pull off the string, the entire pea is edible and rich in vitamins A and B-complex. A quick stir-fry is a simple and tasty way to prepare them.

1 cup
sweet onions, strung, use Cone #2
(160
g)
4 cloves garlic, shredded, use Cone #1
½ pound
shitake mushrooms, stems removed, washed and sliced,
use Cone #4
(227
g)
1 pound
snap peas, trimmed and rinsed
(454
g)
¾ cup
vegetable broth
(180
mL)
2 tablespoons
lemon juice, fresh
(30
mL)
1 tablespoon
olive oil
(15
mL)
1 tablespoons
natural soy sauce or tamari (wheat-free)

(15
mL)
2 teaspoons
arrowroot powder
(5
g)

Directions:

1. Preheat wok over medium heat. When several drops of water sprinkled in wok skitter and dissipate, add onions, garlic and shitake mushrooms and stir-fry for 2 - 4 minutes, tossing occasionally during cooking until onions soften and brown slightly.
2. Place snap peas in a bowl of water and drain. Add to wok, toss to combine and stir-fry for 2 - 3 minutes.
3. In a small bowl, combine vegetable broth, lemon juice, olive oil, soy sauce and arrowroot powder. Stir to combine.
4. Pour sauce mixture over stir-fried vegetables and toss to coat. Cook for 1 minutes until sauce thickens.
5. Serve immediately and garnish with minced scallions, if desired.

Tips:

- Substitute snap peas for other seasonal vegetables, such as green beans, snow peas, broccoli or your favorites.
- Arrowroot is a finely ground white starch from the arrowroot plant. Arrowroot is easy to digest and is high in calcium. Use arrowroot to replace cornstarch for an excellent thickener.

Nutritional Information per

▼ Serving

Calories: 81
Total Fat: 3g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 292mg
Total 12g
Carbs:
Dietary Fiber: 3g
Sugar: 5g
Protein: 4g