

Maitake Mushroom Stir-Fry



Makes:

4 servings

Utensil:

Saladmaster Food Processor
5 Qt./4.7 L Gourmet Wok with Cover
medium mixing bowl

Rate Recipe:

Select rating Give Maitake Mushroom Stir-Fry 1/5 Give Maitake
Mushroom Stir-Fry 2/5 Give Maitake Mushroom Stir-Fry 3/5
Give Maitake Mushroom Stir-Fry 4/5 Give Maitake Mushroom Stir-
Fry 5/5

Contributed By:

Jael Tanti
Authorized Saladmaster® Dealer
[Write a Review](#)

Recipe Description:

Simple, easy, delicious and chocked full of nutrients, this stir-fry puts mushrooms center stage. These appetizing vegetables comprise a healthy meal when served alone or can be the perfect accompaniment to any meat dish.

2
carrots, sliced, use Cone #4
2
stalks
celery, sliced, use Cone #4
1
zucchini, sliced, use Cone #4
1
red bell pepper, diced
1
yellow bell pepper, diced
2

cups
kale, chopped
(134
g)
4
green onions, julienned
2
maitake mushrooms, chopped
2
large
oyster mushrooms, chopped
2
cups
snow peas, deveined
(126
g)
Chinese five-spice, to taste
sea salt, to taste
lime juice, squeeze on top

Directions:

1. Preheat wok on medium-low heat. When several drops of water sprinkled on the pan skitter and dissipate, place carrots into wok. Cover and cook for 30 seconds.
2. Add celery, zucchini, red and yellow bell peppers, kale, green onions, maitake and oyster mushrooms, and snow peas. Stir well. Add Chinese five spice and sea salt and cover. Stir occasionally until vegetables are tender.
3. Serve over a bed of cooked quinoa. Squeeze lime juice on top.

Tips:

- Can substitute rice for quinoa.
- Chinese five spice consists of Szechuan peppercorns, star anise, cloves, cinnamon and fennel seeds.

Nutritional Information per Serving

Calories:

142

Total Fat:

1g

Saturated Fat:

0g

Cholesterol:

0mg

Sodium:

104mg

Total Carbs:

27g

Dietary Fiber:

9g

Sugar:

9g

Protein:

8g