

## Stir Fry Vegetables



### Ingredients:

- 2 tablespoon sesame oil
- 2 cup frozen "stir-fry vegetable medley"
- 2 teaspoons low-sodium soy sauce
- 1/4 cup cashews

### Instructions:

1. Heat oil in a non-stick pan.
2. Add frozen vegetable mix. Cook until water has dissolved, around 5 minutes.
3. Add cashews and soy sauce.
4. Continue cooking until vegetables are soft.

Makes 4 servings.



**Tarrant County Public Health**  
<http://health.tarrantcounty.com>