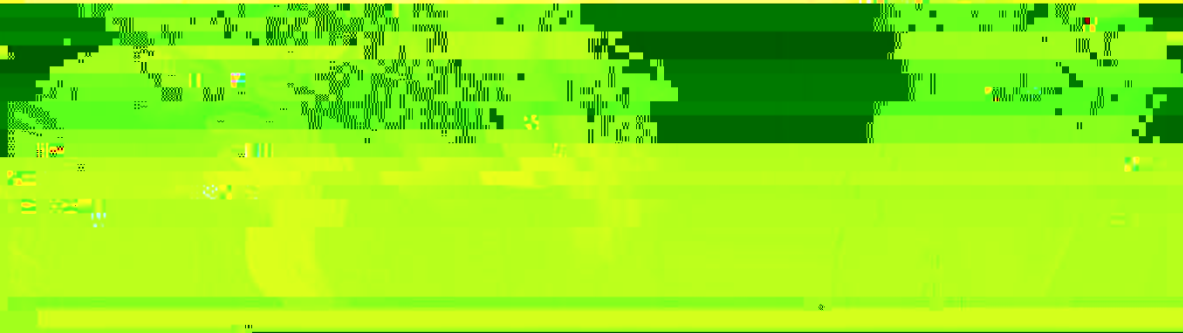


May 2017

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Live Well

2017



Spring Vegetable Sauté

Prep Time: 15 minutes | Cook Time: 10 minutes

1

1. Heat oil in a large skillet over medium heat. Add the vegetables and cook for 5-7 minutes, stirring frequently, until they are tender and slightly browned.

2

2. Add the garlic, ginger, and soy sauce to the skillet. Cook for an additional 3-5 minutes, stirring frequently, until the vegetables are fully cooked and the sauce has thickened.