



From our farm to your table

Oriental Vegetable Salad

2 cups fresh broccoli, chopped

2 Tbsp. salad oil

3/4 tsp. minced fresh ginger

1/3 cup chicken broth

1/2 tsp. sugar

1/2 cup salted cashews or almonds

1 pint sugar peas

2 cloves garlic, minced

1/2 lb. mushrooms, sliced

1 Tbsp. soy sauce

1 can (4 1/2 oz.) small shrimp

Lettuce leaves

Remove stems from peas. Heat oil in frying pan, add garlic, ginger, broccoli, peas and mushrooms. Stir-fry over medium-high heat for 4-5 minutes, until vegetables are crisp-tender. Pour into bowl. Combine broth, soy sauce, and sugar. Pour over vegetables. Stir in shrimp. Cover and refrigerate for at least 4 hours. Drain vegetables, discarding liquid. Sprinkle with nuts and serve over lettuce. Serves 4