

Broccoli/Carrot Pasta Stir-fry

- * 1/3 cup orange juice
- * 1 tablespoon reduced-sodium soy sauce
- * 1 tablespoon cornstarch
- * Nonstick cooking spray
- * 1 teaspoon grated ginger root
- * 1 1/2 cup thinly sliced Michigan carrots
- * 1 cup Michigan broccoli flowerets
- * 8 ounces (4 cups cooked) bowtie pasta

In a small bowl, stir together orange juice, reduced-sodium soy sauce and cornstarch. Set aside. Spray a wok or large skillet with nonstick cooking spray and preheat over medium heat. Stir-fry ginger root for 15 seconds, add carrots and stir-fry for another 2 minutes. Add broccoli and stir-fry for 4 more minutes or until vegetables are crisp-tender. Push vegetables away from center of wok or skillet and pour sauce mixture in the middle. Cook, stirring until thick and bubbly. Add pasta. Cook and stir for 1 more minute. Serves 4.