

Glazed Broccoli and Carrots

- * 1/4 cup chicken broth
- * 2 tablespoons lemon juice
- * 1 tablespoon reduced-sodium soy sauce
- * 2 teaspoons sugar
- * 2 teaspoons cornstarch
- * 1 teaspoon crushed fresh garlic
- * 1/2 teaspoon ground ginger
- * 4 cups fresh Michigan broccoli florets, small
- * 4 cups (about 1 pound) diagonally sliced carrots
- * 1/4 cup dry sherry
- * Nonstick cooking spray

Combine the first five ingredients together in a small bowl, mix well and set aside (this will be used as the glaze). Coat a large skillet with nonstick cooking spray and place over medium heat. Add ginger and garlic. Stir-fry for 30 seconds. Next, add broccoli florets and carrots to the skillet, and pour in the sherry. Reduce heat to medium-low, cover, and cook for 8-10 minutes, or until the veggies are crisp-tender. Stir occasionally. When the veggies are cooked to desired tenderness, reduce the heat to low. Now, stir the glaze mixture that was set aside earlier, and pour it over the vegetables. Stirring constantly, cook the vegetables for a minute or two, until the glaze has thickened. Serve immediately and enjoy! Makes 10 servings.