

Mike's Pick!

From the thriftyfoods.com recipe collection.



Organic Vegetable Stir Fry

Steamed rice or Asian-style noodles go great with this dish.

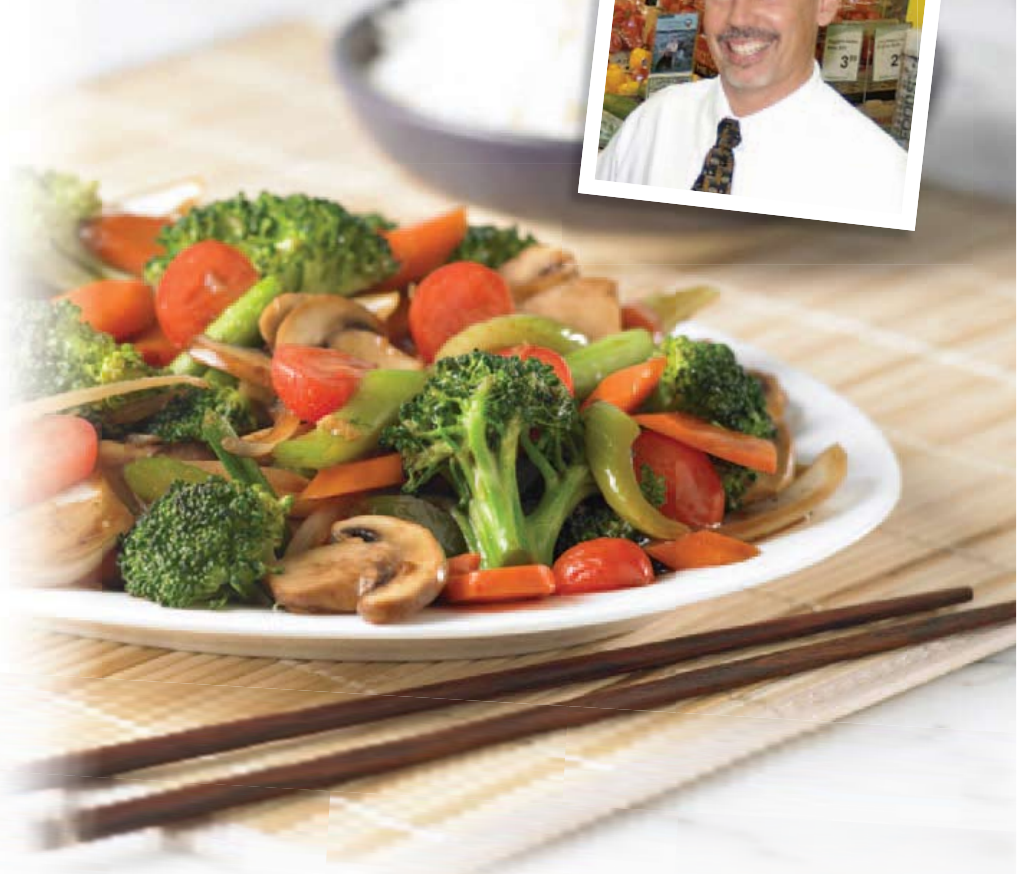
Prep Time: 20 minutes

Cooking Time: 6 to 8 minutes

Makes: 4 servings

For stir fry:

- 2 Tbsp. vegetable oil
- 3 organic garlic cloves, finely chopped
- 1 Tbsp. finely chopped fresh ginger
- 2 cups organic broccoli florets
- 2 cups thinly sliced organic celery
- 3 organic bunch top carrots, peeled and thinly sliced
- 8 organic white mushrooms, sliced
- 1 medium organic onion, cut in half and sliced
- 12 organic cherry tomatoes, halved
- 4 organic green onions, cut into 1 inch pieces
- 1/3 cup water
- 1/4 cup soy sauce mixed with 1 Tbsp. cornstarch
- Pepper to taste



Directions: Heat oil in a wok or large skillet set over high heat. Add next 7 ingredients and stir-fry 3 minutes. Stir in tomatoes and green onion and cook 1 minute more. Add water and soy sauce mixture and cook until a sauce forms around the vegetables. Season with pepper and serve.

Per Serving: About 157 calories, 4.21g protein, 7.34g fat, 21.34g carbohydrate, 5.13g dietary fibre, 0mg cholesterol, 889mg sodium. %RDI: 8% calcium, 13% iron, 193% vitamin A, 70% vitamin C, 25% folate.

Baby Greens with Roasted Peppers, Pine Nuts, Parmesan and Balsamic Vinaigrette

Fresh and delicious.

Prep Time: 15 minutes

Cooking Time: 10-15 minutes

Makes: 4 servings

- 2 Tbsp. balsamic vinegar
- 3 Tbsp. extra virgin olive oil
- 2 Tsp. Dijon mustard
- Salt and freshly cracked black pepper to taste
- 6 cups loosely packed organic baby salad greens
- 1 large roasted red pepper, seeded and thinly sliced
- 1/3 cup thinly shaved Parmesan cheese
- 3 Tbsp. toasted pine nuts

Directions: Place the oil, vinegar, mustard, salt and pepper and whisk well to combine. Add the baby greens and toss to coat with the dressing. Divide among 4 plates. Garnish top with roasted peppers, Parmesan cheese and pine nuts and serve.

Note: To toast pine nuts, place in a single layer in a small baking dish. Bake, shaking the dish from time to time, in a preheated 350 degrees F oven for 10-15 minutes, or until lightly toasted. Cool to room temperature before using.

Note: Roasted red peppers can be found in our Deli.

What to serve alongside
This colourful, flavour-filled salad can provide a palate awakening way to start a meal. It also makes a nice side dish to the meat and seafood kebabs sold in our meat and seafood departments.

