

Stir-fried Vegetables

Wash and cut selected vegetables in 1 1/2" pieces.

In hot wok, or the pan we used, add 1/4-cup olive oil.

Put vegetables in hot oil, do not overcrowd the vegetables because you will not get an even cooking temperature.

With a wooden spoon or spatula, stir the vegetables. Let them cook stirring every few minutes for about 5 minutes or desired style, "al dente" or well cooked.

Season in pan just before serving with salt, pepper or flavor of your choice.