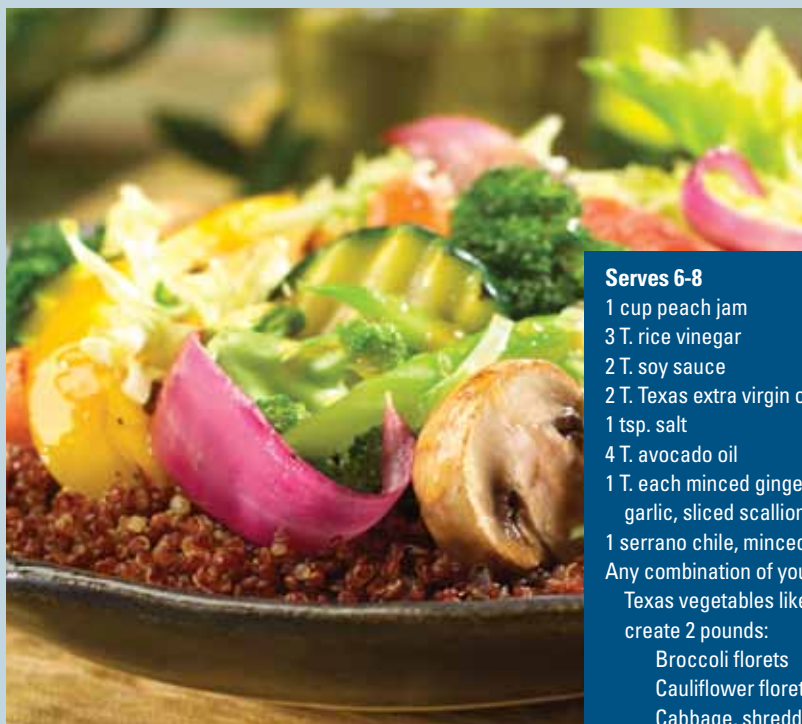


Stir-Fried Texas Vegetables

To prepare: In a small pan melt the peach jam. Whisk in the rice vinegar, soy sauce, extra virgin olive oil and salt; set aside. Heat the avocado oil in a wok or large sauté pan. Add the minced ginger, garlic, scallions and serrano chile, and cook for 1 minute, constantly stirring. Add the vegetables of your choice and stir well so that everything gets coated with the oil and aromatics. Continue to stir and cook for about 3 minutes or until the vegetables are cooked to your taste.



Add the peach sauce and stir so that all the vegetables are coated, and continue to cook for 1 more minute.

To serve: Serve over white or brown rice, or even red quinoa. Garnish with chopped cilantro, basil, mint and sesame seeds.

*Recipe created by Chef Michael H. Flores. Photograph by Tracey Maurer
Photography. Food Styling by Mary Ellen Rose.*

Serves 6-8

- 1 cup peach jam
- 3 T. rice vinegar
- 2 T. soy sauce
- 2 T. Texas extra virgin olive oil
- 1 tsp. salt
- 4 T. avocado oil
- 1 T. each minced ginger, minced garlic, sliced scallions
- 1 serrano chile, minced (optional)
- Any combination of your favorite Texas vegetables like these to create 2 pounds:
 - Broccoli florets
 - Cauliflower florets
 - Cabbage, shredded
 - Carrots, sliced
 - Celery, sliced
 - Sliced mushrooms, sliced
 - Medium onions, diced
 - Peas
 - Medium bell peppers, diced
- Cilantro, basil, mint, sesame seeds (all optional garnishes)

Entrées