

## **Peanut Butter Honey Stir Fry**

Great for a vegetarian main dish with a hearty satisfying flavor that brings a blend of the sweetness of honey and the kick of Red Pepper Flakes!

1½ Tbs Olive Oil  
3 Tsp Sesame Seed Oil  
6 Garlic Cloves (#1 Cone)  
1” Ginger (#1 Cone)  
¼ Head Cabbage (#3 Cone)  
1 long Eggplant or Yellow Squash (#3 Cone)  
1 Lg Zucchini (#3 Cone)  
2 Carrots (#2 Cone)  
Fresh Broccoli (4 fist size pieces)  
16 oz frozen mixed Veggies

### Sauce Marinade:

3 Tbs Rice Vinegar  
½ C Peanut Butter  
½ C Honey  
½ Tsp Red Pepper Flakes  
3 Tbs Sesame Seeds (toasted)  
1/3 C Soy Sauce

Place oils, cloves, and ginger in 5 qt. wok, and cut veggies on top, and add frozen veggies if desired. Pour marinade over top and Place on Medium-click-Low. Done in 8-10 minutes. Stir to coat evenly. Serve over jasmine rice.