

## Cabbage, Carrots, and Peas Stir Fry

“Winter harvest meets early spring with this stir fry from my garden. I took half of my last two remaining winter cabbages that I had stored in my fridge, combined it with those seemingly never ending recently harvested carrots, and freshly picked sugar snap peas to make this tasty stir fry. This combination makes a delightfully satisfying dish with sweetness coming from the peas and carrots.”

*Anthony*

Ingredients:

- ½ organically grown cabbage from my garden trimmed and cut into 2” x 2” pieces
- 1 cup organically grown carrots from my garden sliced into thin circles
- 1 ½ cups organically grown sugar snap peas from my garden with the ends snapped off
- 1 tbsp olive
- ½ tsp salt

Stir fry in hot wok until all are tender

Finish with stir fry sauce of your choosing (I used vegetarian stir fry sauce from the Asian market – not locally produced but I had it on hand, savory not sweet)

Contributed by Anthony Gaudio, Sustainable Tallahassee, Spring 2013

