

## Oriental Stir-Fry

By Dorothy Zehnder

1 cup carrots, chopped  
½ cup onions, chopped  
¼ cup celery, chopped  
1 tablespoon olive oil  
2 tablespoons butter or margarine  
½ teaspoon natural garlic  
2 cups broccoli florets  
2 cups cauliflower in small pieces  
½ -1 tablespoon water  
3 cups fresh spinach  
½ teaspoon sesame oil  
½ teaspoon soy sauce  
¼ teaspoon salt  
¼ teaspoon sugar  
½ teaspoon Bavarian Inn All-Purpose Seasoning  
¼ teaspoon Bavarian Inn Supreme Pasta & Salad Seasoning  
¼ teaspoon Molly McButter or Butter Buds  
2 small to medium yellow squash, slices or chunks  
2 small to medium zucchini, slices or chunks

In large skillet, wok or Dutch oven, heat the olive oil, stir fry carrots, onions and celery. Add broccoli and cauliflower; stir fry until tender-crisp. Can alternate adding a little water and covering pan to steam. Add spinach, sesame oil, soy sauce, seasonings, yellow squash and zucchini. Stir fry just enough to combine ingredients and wilt the spinach.

*\*\*Note from Dorothy – I really enjoy preparing this dish as it incorporates so many garden items. Even if you don't have a garden, all the vegetables are easily found at grocery stores. Make sure you do not over stir-fry. It can be easy to do. I like to prepare the items to a tender crisp.*