

District of Columbia

Sweet and Sour Vegetables

Featured Food: Fresh produce from urban gardens

Makes: 6 servings

Ingredients

- 1 tablespoon honey
- 1 tablespoon lemon juice
- 1 teaspoon low-sodium soy sauce
- ¼ teaspoon paprika or cayenne pepper
- 1 cup canned pineapple chunks, in 100% juice
- 1 tablespoon cornstarch (for thickness)
- 2 teaspoons oil
- 3 cups of fresh vegetables, such as cherry tomatoes, zucchini, bell pepper, onion, sliced or chopped



Directions

1. Combine all ingredients except vegetables into bowl; mix and set aside.
2. Heat 2 teaspoons of oil in large skillet and add vegetables. Cook for 5 to 10 minutes or until vegetables are crisp-tender.
3. Add sweet and sour sauce and cook for another 2 minutes or until mixture comes to a boil. Add water if it seems too thick.
4. Serve immediately.

Notes

- Honey should not be fed to children under 1 year of age.
- Visit your local farmer's market or urban garden and choose your favorite vegetables that are in season.

Recipe from: *Cooking Healthy with Diabetes*, University of Florida IFAS Extension, adapted by the USDA Food and Nutrition Administration.

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