

# Pea Shoots in Supreme Stock



**Makes 4 servings (1 serving = ½ cup)**

## Ingredients:

- 1 teaspoon vegetable or olive oil
- ½ teaspoon minced ginger
- 1 pound pea shoots
- 2 teaspoons cooking wine
- a pinch of sugar
- ¼ teaspoon salt
- ½ cup supreme stock or low sodium chicken broth
- 1 teaspoon cornstarch
- 1 red chili pepper, chopped for garnish (optional)

## Instruction:

1. Heat a nonstick wok or pan over high heat. Add oil, swirling to coat sides.
2. Add ginger. Stir until fragrant. Add pea shoots, wine, and sugar. Stir-fry until cooked but still bright green and crisp, about 3 to 5 minutes. Remove to a serving plate.
3. In a medium saucepan over medium heat, add cornstarch, salt and stock, and stir constantly. Cook for about 1 minute or until hot to make a thin sauce.
4. Pour sauce over pea shoots and garnish with red pepper.

## Nutrition tips:

Pea shoots are sweet, tender, and high in fiber. Using stock enhances the flavor of pea shoots. If pea shoots are not available, substitute with spinach or any tender green vegetable.

### Nutrition information per serving:

**Calories:** 58

**Cholesterol:** 0 mg

**Carbohydrates:** 8 g

**Total fat:** 3 g

**Sodium:** 180 mg

**Protein:** 5 g

**Saturated Fat:** 0 g

**Fiber:** 2 g