

Apple-Carrot Stir-Fry

Serves 4

Ingredients

1 tbsp cooking oil	1 tbsp sugar
2 medium carrots, thinly sliced (1 cup)	¼ tsp salt
1 medium onion, cut into wedges and halved crosswise	2 tbsp water
3 medium cooking apples, peeled, cored and sliced (3 cups)	1/8 tsp ground nutmeg

Directions

1. Pour cooking oil into a wok or large skillet (add more oil as necessary during cooking)
2. Preheat over medium-high heat
3. Stir-fry carrots in hot oil for 2 minutes
4. Add onion; stir-fry carrots for 2 to 3 minutes or until crisp-tender
5. Remove vegetables from wok
6. Add apples to the hot wok; stir-fry for 2 minutes
7. Sprinkle with sugar and salt
8. Carefully add water
9. Cover and cook over medium heat for 3 minutes or until apples are just tender
10. Return cooked vegetables to the wok
11. Cook and stir until heated through
12. Sprinkle with nutmeg if desired
13. Serve immediately