

Hawaiian Stir Fry

POINTS® Value: 3

Servings: 4

Ingredients

2 tsp canola oil
3 cup zucchini, cut into small wedges and sliced
2 bell pepper(s), red
4 oz cooked ham, diced
2 medium carrot(s), shaved
8 oz Dole Canned Pineapple Chunks in Juice, drained
5 oz water chestnuts, sliced
2 tsp low-sodium soy sauce
1/4 cup teriyaki sauce
1/4 tsp ground ginger
1/4 tsp onion powder
1/4 tsp garlic powder

Instructions

Heat large skillet or wok with canola oil. Add zucchini and bell pepper and stir fry for 2-3 minutes. Add water chestnuts, carrots, ham and pineapple. Stir-fry another 1-2 minutes. Add soy sauce, teriyaki sauce, ginger, onion powder and garlic powder. Stir for about 2 more minutes. Serve.

I served over brown rice. (**POINTS®** Value does not include brown rice)

<http://www.sponsormyweightloss.com>

tracies@turec.com