

Recipe



Bringing sprouts to life again

The words Brussels sprouts usually conjure up a vision of an overcooked and mushy vegetable resembling a miniature cabbage.

Their notorious reputation can be dispelled however if proper and inventive cooking techniques are used to enhance this often overlooked member of the vegetable family. Stir frying leaves vegetables tender-crisp and full of flavor. This terrific cooking method speeds preparation time, adding another plus to the Oriental technique. The total cooking time for Salmon and Sprout Stir Fry is 15 minutes, a real savior for busy cooks.

Salmon and Sprout Stir Fry

- 3 tablespoons oil
- 1 medium onion, chopped
- 2 cups Brussels sprouts, cut in half lengthwise
- 1 1/2 cups diagonally sliced carrots
- 1 1/2 cups diagonally sliced celery
- 2 cans (7 3/4 oz. each) Pacific Salmon
- 1/2 cup water
- 1/2 teaspoon lemon pepper
- 1 teaspoon cornstarch
- 2 tablespoons cold water

Saute onion in hot oil in skillet, stirring constantly, for about 2 minutes. Add vegetables, tossing to coat with oil. Drain salmon juices directly into skillet; add water and pepper. Continue cooking, stirring constantly, over high heat until vegetables are tender-crisp, about 3-4 minutes. Add salmon, broken into chunks, and cook just until salmon is heated through. Mix cornstarch with water and add. Cook over medium heat until mixture bubbles and thickens, about 2 minutes.

Serve over cooked rice or noodles.

Entertainment

HO! HO! HO!

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