

# Stove Top Sesame Vegetables



PREPARATION TIME

20 minutes



COOKING TIME

10 minutes



PERFECT PARTNER

stir-fried pork



Cabbage turns brown quickly—  
but here's a hint: Before  
storing, soak cabbage briefly in  
cold water with a touch of vinegar  
to preserve its freshness. Drain; store in  
a resealable bag for up to 2 weeks.

## SHOPPING LIST

- bell peppers • zucchini
- carrots • red cabbage
- sesame seeds

## ON HAND

- olive oil • salt • pepper
- white-wine vinegar

## INGREDIENTS

- 2 red bell peppers
- 2 green bell peppers
- 2 medium zucchini
- 4 small carrots
- 1 tablespoon olive oil
- 1/2 small head red cabbage, thinly sliced
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 4 teaspoons white-wine vinegar
- 1/4 cup water
- 1 tablespoon sesame seeds

SERVES **6**

## COOKIN' *Express*

- Place vegetables that need to be sliced in a food processor fitted with a large slicing blade. It will be quicker than julienning them by hand.
- Instead of buying more cabbage than you need—or have time to shred—look for halved cabbage, wrapped in plastic, in the produce section of the supermarket.

### Make Ahead

Chop all the vegetables up to 2 hours ahead to get a head start on dinner. Keep refrigerated in cold water. Drain well before using.

### ♦ VARIATION

*Substitute a few drops of sesame oil for the sesame seeds and add 1/4 teaspoon hot pepper oil for a touch of heat.*

**1** Cut bell peppers, zucchini and carrots julienne-style. Heat a large skillet over medium-high heat; add oil. Add bell peppers, zucchini and carrots. Stir-fry for 5 minutes.



**2** Add cabbage, salt and pepper to skillet. Stir-fry for 1 minute.

**3** Mix vinegar and water in a measuring cup; add to skillet. Stir-fry for 3 minutes.



**4** Add sesame seeds to skillet. Stir-fry for 1 minute. Remove vegetables to a serving bowl with a slotted spoon. Serve immediately.