

Sweet and Sour Pumpkin

Ingredients

1 tablespoon vegetable oil
2 cups fresh pumpkin, cubed
1/2 cup vegetable stock
1 tablespoon soy sauce
1 tablespoon apple juice
1/2 teaspoon apple cider vinegar
1/4 cup onions, chopped fine
salt, to taste
4 green onions, chopped with tops

Method

In a frying pan, heat oil and saute pumpkin until lightly browned. Add stock, soy sauce, apple juice, vinegar and onions. Bring the mixture to a boil, cover and reduce the heat to a simmer. Cook for 10 to 12 minutes. Add salt to taste and garnish with the green onions. Serves 4.

Note

Calories: 78, total fat: 4g, protein: 2g, vitamin A: 30 percent, potassium: 316mg