**Friday Snow Peas with Orange Sauce**

**Produce**

 garlic (if needed)

sweet onion (if needed)

fresh cilantro leaves

red bell pepper (if needed)

12 oz. fresh snow peas or sugar snap peas

2 purple plums

1 large orange

1 piece ginger root

**Canned/Dried Foods**

brown rice(if needed)

sesame oil (if needed)

one 8 oz. can sliced water chestnuts

one 32 oz. box low sodium veggie broth

low sodium soy sauce(if needed)

rice wine vinegar (if needed)

balsamic vinegar (if needed)

granulated sugar(if needed)

cornstarch(if needed)

white wine to cook with(if needed)

**Frozen Foods**

Morningstar Chik’n strips (if eating meatless)

**Meat/Fish/Poultry**

1 cooked chicken breast(if eating meat)

**Chilled Foods/Dairy**