
Chinese Zucchini

Home Cookin - Junior League of Wichita Falls, TX - 1976

Servings: 4

1 tablespoon cornstarch

1 tablespoon sugar

1 teaspoon MSG

1 tablespoon soy sauce

1/2 cup water

4 small (one pound) zucchini

2 tablespoons peanut oil

1/2 cup thin strips onion

1 clove garlic, minced

In a small mixing bowl, stir together the cornstarch, sugar, MSG and soy sauce. Gradually stir in the water, keeping smooth. Set aside.

Scrub the zucchini in cold water. Cut off the ends and discard. Do not pare. Cut the zucchini lengthwise in 1/4-inch-wide strips. Then cut crosswise into 1-1/2-inch lengths.

In a ten-inch skillet, heat the oil. Add the onion and garlic. Cook over moderate heat, stirring a few times, for 3 to 4 minutes or longer, if necessary. Add the cornstarch mixture and stir constantly until thickened and clear.

Side Dishes

Per Serving (excluding unknown items): 111 Calories; 7g Fat (53.3% calories from fat); 3g Protein; 11g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 414mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 1 1/2 Fat; 0 Other Carbohydrates.