

Walk of the Garden is more of a technique than a recipe. My wonderful German mother-in-law Tillie used this method all the time. She was a fantastic gardener and on summer mornings she would walk the garden with her small dish pan, collecting a variety of ripe vegetables. She would then cook them altogether in assorted ways... sometimes she would pickle them; sometimes it would be soup and sometimes just boiled. This is my adaptation using American vegetables and seasonings. If you want to do oriental stir fry using this recipe just add ginger and soy sauce along with pea pods, mushrooms and baby corn and serve over rice.

All American Walk of the Garden Stir Fry

assorted garden vegetables cut in similar size; suggested vegetables could include carrots, potatoes, onions, asparagus, parsnips, peppers, summer squash, zucchini, cauliflower, broccoli, eggplant, cherry tomatoes etc.
3 tbsp. grated garlic (optional)

citrus; suggestions include juice of one lemon, one lime or one small orange

3 tbsp oil; sesame oil or extra virgin olive oil work best

1 c broth or liquid; low sodium chicken, beef or vegetable broth works well

2 to 3 tbsp of thickening;

favorite herbs: could include parsley, basil, oregano, tarragon, rosemary etc...

seasoning to taste: salt and pepper, Mrs. Dash etc

meat optional: 2 cups cooked and diced; suggestions include chicken, shrimp, pork or beef

2-3 cups of cooked pasta (optional); suggestions include German noodles, orzo, ziti or spirals.. whole wheat adds even more nutrients. Rice or mashed potatoes or mashed cauliflower could be used.

In a pan that will allow the vegetables to be in a single layer and stirred, add the oil over medium heat. Then add the vegetables – put the denser ones (potatoes, carrots, parsnips) in first for a minute or two and then add other veggies and grate garlic over top. Stir occasionally until lightly browned (about 5 minutes total).

Gently squeeze the juice over the vegetables and then add the broth and the meat if you are using it. Simmer for two to three minutes and add the thickening (works best if thickening is stirred into two or three tablespoons of liquid first).

Once thickened then add finely diced herbs and seasoning. Garnish with cashews if desired.

Serve with the pasta.