

# VEGETABLE SATAY



## **INGREDIENTS**

- 2 cups cauliflower florets
- 2 cups broccoli florets
- 1 T reduced sodium soy sauce
- 1 T toasted sesame oil
- 1 T rice vinegar
- 1 T creamy peanut butter (Natural)
- 1 T minced ginger (fresh)
- 1 T minced garlic clove
- 1 t Madras curry powder
- 1 t salt (if desired)

## **DIRECTIONS**

Blanch vegetables until they are tender but still crispy. Rinse under cool water and drain well. In a separate dish, blend together remaining ingredients. Put vegetables into mixture and stir gently to coat them. Leave them at room temperature for a minimum of two hours and eat or cover and refrigerate. You can substitute or add other vegetables and you can also put them onto skewers and drizzle with remaining sauce.