

**Misc.**

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# Vegetable Tempura

Argo Corn Starch

**Servings: 4**

**Preparation Time: 10 minutes**

**Cook time: 15 minutes**

*1 1/2 pounds of shrimp can be substituted for the vegetables.*

**3/4 cup corn starch**

**1/4 Cup flour**

**1 teaspoon baking powder**

**2 1/2 teaspoons garlic salt**

**1 1/2 teaspoons onion powder**

**1/4 teaspoon fine gring black pepper**

**1/8 teaspoon cayenne pepper**

**1/2 cup water OR beer**

**1 egg, slightly beaten**

**corn oil for deep frying**

**4 cups cut-up vegetables, such as zucchini, carrots, onions, and/or mushrooms.**

Combine corn starch, flour, baking powder, garlic salt, onion powder, black pepper cayenne pepper in a medium bowl. Add water and egg; stir until mixture is smooth.

Heat 3 to 4 inches of oil in a deep pot over medium heat to 350 degrees.

Dip vegetables into batter; stirring batter occasionally. Fry a few vegetables at a time, turning once, 2 to 3 minutes or until golden brown or crisp.

Drain on paper towels. Serve immediately.

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Per Serving (excluding unknown items): 53 Calories; 1g Fat (22.9% calories from fat); 2g Protein; 8g Carbohydrate; 1g Dietary Fiber; 53mg Cholesterol; 1421mg Sodium. Exchanges: 1/2 Grain(Starch); 0 Lean Meat; 0 Fat; 0 Other Carbohydrates.