VEGETABLE STIR FRY

Serves 4

Preparation Time: 17 minutes
Cooking Time: 7 minutes

INGREDIENTS

1 teaspoon vegetable oil
4 large carrots, sliced
1 lb. broccoli, cut up
2 cloves garlic, diced
Curry powder (optional)
4 stalks celery, sliced
1 small (3/4 lb.) bok choy or Chinese cabbage, cut up
½ teaspoon ginger
Chopped green onions,

Stir Fry Sauce (Whisk together in a small bowl.)

2 tablespoons low-sodium soy sauce
2 tablespoons water
2 tablespoons orange juice or chicken broth
4 cups cooked rice (about 1¼ cups uncooked rice)

DIRECTIONS

2. Add celery, Chinese cabbage, onion, ginger, and stir-fry sauce. Cook for an additional 2 minutes or until vegetables are tender but firm.
4. Refrigerate leftovers.

NUTRITIONAL INFO: Serving Size: 1 cup vegetables and 1 cup rice, Calories: 310, Fat: 2.5 grams (g), Sodium: 160 milligrams (mg), Fiber: 9 g. Vitamin A&C, calcium, and iron: Excellent source.

VARIATION:

Vegetable Stir Fry

1. Add chicken or turkey to make a heartier meal. Stir-fry first before adding vegetables.
2. Use other vegetables in this dish such as cauliflower, zucchini, summer squash, onions, pea pods, green beans, etc.

SIMPLY GOOD EATING

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