

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

1. Heat oil in fry pan over medium- high heat. Put carrots, broccoli, and garlic into fry pan. Stir constantly for 3- 5 minutes. Add curry powder (optional).
2. Add celery, Chinese cabbage, onion, ginger, and stir- fry sauce. Cook for an additional 2 minutes or until vegetables are tender but firm.
3. Serve over rice. Garnish with green onion.
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

