



Garden Stir-Fry

Servings: 6

Ingredients:

- 2 tablespoons vegetable oil
- 1 onion, sliced
- 2 cloves of garlic, minced
- 1 inch piece fresh ginger, peeled and grated or 1/2 teaspoon ground ginger
- 1/8 teaspoon cayenne pepper, optional
- 3 tablespoons low-sodium soy sauce
- 1/4 cup water
- 4 cups of washed, chopped garden vegetables such as broccoli, carrots, snap peas, snow peas, kale, collard greens, mustard greens, and turnips
- 2 cups brown rice, cooked according to package directions

Directions:

1. Heat oil in a large skillet or wok over medium high heat.
2. Sauté onions until they begin to soften, about 3 minutes.
3. Add garlic and ginger to the onions and continue to cook for another minute or so.
4. Add soy sauce to the mixture.
5. Add the vegetables, pour in the water, and cover tightly (hint: if you are using hard vegetables, such as carrots, add these first and let them cook for five minutes or so before adding the rest of your vegetables).
6. Cook for 10-15 minutes, or until vegetables are tender but not mushy.
7. Serve over brown rice.

Nutrition Facts

Serving Size 1/2 cup
vegetables and rice (271g)
Servings Per Container 6

Amount Per Serving
Calories 200 **Calories from Fat 50**

	% Daily Value*
Total Fat 6g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 400mg	17%
Total Carbohydrate 34g	11%
Dietary Fiber 6g	24%
Sugars 8g	

Protein 4g

Vitamin A 500% • Vitamin C 50%
Calcium 8% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

