Simple Stir-Fry & Steamed Rice

This easy-to-prepare meal can be changed to suit almost anyone’s vegetable preferences. Use a rainbow of colors to increase the vitamin content!

Ingredients

Rice:
• 3 cups long-grain brown rice
• 6 cups water

Sauce:
• 2 tablespoons cornstarch
• 2 tablespoons brown sugar, packed
• ½ teaspoon ground ginger
• 2 cloves garlic, minced
• ¼ cup soy sauce or tamari sauce
• 2 tablespoons rice vinegar
• ½ cup water
• ½ cup low-sodium vegetable broth

Stir-Fry:
• 3 teaspoons sesame oil, divided
• 6 cups fresh or frozen mixed vegetables, chopped into medium sized pieces (examples: bell pepper, onion, cabbage, snow peas, broccoli and/or carrots)
• 1 pound boneless, skinless chicken breast, chopped into 1 inch pieces
• Optional – canned bamboo shoots, sliced water chestnuts, baby corn, peanuts, cashews
• 2 tablespoons toasted sesame seeds

Directions

1. In a large pot bring rice and water to a boil. Reduce heat to low, cover and cook for 45-60 minutes until liquid is absorbed.

2. Measure sauce ingredients into a large jar. Shake until well mixed and set aside.

3. In a large pan, over medium-high heat add 1 teaspoon sesame oil and chicken breast. Cook until pieces are white all the way through. Set aside.

4. In a separate large pan or wok, heat the other 2 teaspoons sesame oil and add the vegetables and optional canned ingredients. Cook about 5-10 minutes, until vegetables are slightly softened.

5. Shake sauce jar again and pour contents into vegetable pan. Add cooked chicken and sesame seeds. Cook for 2-3 more minutes, until sauce thickens.


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