Simple Stir-Fry & Steamed Rice

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

Ingredients

**Rice:**
- 1¼ cups long-grain brown rice
- 3 cups water

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

**Stir-Fry:**
- 1 tablespoon sesame oil
- 1 pound boneless, skinless chicken breast, cubed, or 1 package firm tofu, drained, and cubed
- 6 cups fresh or frozen mixed vegetables, roughly chopped (Examples: bell pepper, onion, cabbage, snow peas, broccoli and/or carrots)
- 1 small can sliced water chestnuts, drained
- 2 tablespoons toasted sesame seeds or crushed nuts

**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 small bowl. Whisk well, then set aside.
3. In a large pan or wok, heat sesame oil over medium-high heat. Add chicken or tofu, and cook for 5-7 minutes, stirring constantly.
4. Add vegetables and water chestnuts. Cook for 5 minutes, or until vegetables are just starting to soften.
5. Whisk sauce again to combine and pour contents into pan. Cook for 2-3 more minutes, stirring constantly, until sauce thickens.
6. Sprinkle stir-fry with sesame seeds or nuts and serve with steamed rice.
7. Note: If using chicken, ensure it is cooked through by cutting into a larger piece and checking that it is white all the way through.

**Nutrition Facts**

<table>
<thead>
<tr>
<th>Amount Per Serving</th>
<th>Calories from Fat (140)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Calories</td>
<td>420</td>
</tr>
<tr>
<td>Total Fat</td>
<td>15g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>2.5g</td>
</tr>
<tr>
<td>Trans Fat</td>
<td>0g</td>
</tr>
<tr>
<td>Cholesterol</td>
<td>25mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>770mg</td>
</tr>
<tr>
<td>Total Carbohydrate</td>
<td>55g</td>
</tr>
<tr>
<td>Dietary Fiber</td>
<td>7g</td>
</tr>
<tr>
<td>Sugars</td>
<td>11g</td>
</tr>
<tr>
<td>Protein</td>
<td>17g</td>
</tr>
</tbody>
</table>

Vitamin A: 140%  •  Vitamin C: 190%
Calcium: 20%  •  Iron: 20%

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

- Calories: 2,000  •  2,500

<table>
<thead>
<tr>
<th>Total Fat</th>
<th>Saturated Fat</th>
<th>Cholesterol</th>
<th>Sodium</th>
<th>Total Carbohydrate</th>
<th>Dietary Fiber</th>
<th>Calories per gram:</th>
</tr>
</thead>
<tbody>
<tr>
<td>Less than</td>
<td>6g</td>
<td>20g</td>
<td>300mg</td>
<td>2,400mg</td>
<td>25g</td>
<td>Fat 9  •  Carbohydrate 4  •  Protein 4</td>
</tr>
</tbody>
</table>

Please note: nutritional values are approximate.

Visit our website for more great recipes and program information- http://lpi.oregonstate.edu/healthyyouth