

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!

Serves 6



Nutrition Facts

Serving Size ½ Cup Rice & 1½ Cups Stir Fry
Servings Per Recipe 6

Amount Per Serving

Calories 420 Calories from Fat 140

% Daily Value*

Total Fat 15g	23%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 25mg	8%
Sodium 770mg	32%
Total Carbohydrate 55g	18%
Dietary Fiber 7g	28%
Sugars 11g	

Protein 17g

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
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

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Please note: nutritional values are approximate.

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.

