## Veggie and Rice Stir-Fry

A healthy version of the popular take-out dish.

Makes: 4 Servings
Prep Time: 25 minutes
Cook Time: 25 minutes

**Source: Modified recipe from Cooking Matters** 

#### **Ingredients**

- 1 cup brown rice
- 1/2 pound broccoli
- · 2 medium celery stalks
- 1 medium carrot
- 1 small jalapeno or other chili pepper
- 1 clove garlic
- · 6 ounces boneless chicken pieces or firm tofu
- 1/4 cup low-sodium soy sauce
- · 1 tablespoon brown sugar
- 1 tablespoon cornstarch
- · 2 tablespoons canola oil
- 1/2 teaspoon ground ginger

#### **Directions**

- Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
- 2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeno. Peel and finely chop garlic.
- 3. If using chicken, remove any skin. Cut chicken into small pieces.
- 4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 teaspoon of the minced jalapeno. Stir.
- 5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
- Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5-7 minutes.
- 7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
- 8. Serve over warm brown rice.





## Small Changes, BIG Difference!







#### **Nutrition Information**

Serving Size: 1 1/2 cups	
Nutrients	Amount
Calories:	360
Total Fat:	<u>11 g</u>
Saturated Fat:	1. <u>5</u> g
Cholesterol:	30 mg
Sodium:	470 mg
Total Carbohydrates:	<u>52 g</u>
Dietary Fiber:	<u>5 g</u>
Total Sugars:	<u>6 g</u>
Added Sugars:	<u>6 g</u>
Protein	<u>15 g</u>

#### **Utensils Needed**

- · Cutting board
- · Measuring cups
- Measuring spoons
- Medium pot with lid
- Medium skillet
- Sharp knife
- Small bowl
- · Vegetable peeler

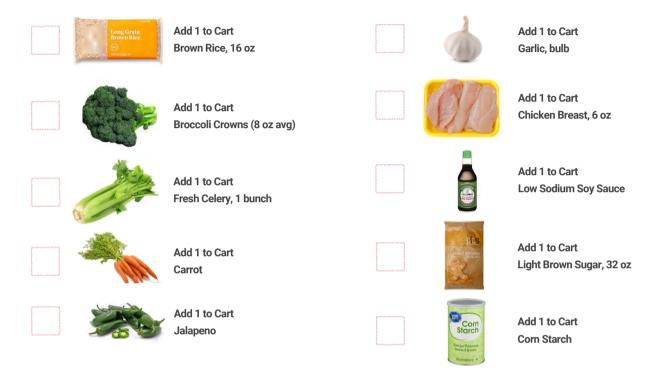
#### **SHOPPING LIST**

Average total cost of ingredients without oil and seasonings: \$8.60 Average cost/serving: \$2.15

**Makes: 4 Servings** 

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

#### **Ingredients**



#### **SAVE TIME, SAVE MONEY**

#### **Cooking Tips**

- Use any veggies you like. Be sure to cut all veggies into equal-size pieces so they cook evenly. Add denser veggies, like broccoli, celery, and root veggies, to the skillet first. Add veggies with a high water content, like squash or spinach, last.
- Cook more rice than you need for this recipe. Use it in another recipe later in the week.
- Use fresh ginger instead of ground. Peel and finely chop a 1-inch piece of fresh ginger. Add 2 teaspoons to the soy sauce mixture in step 4. Stir.

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### **My Cooking Notes**