

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

1. 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.
6. 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:	11 g
Saturated Fat:	1.5 g
Cholesterol:	30 mg
Sodium:	470 mg
Total Carbohydrates:	52 g
Dietary Fiber:	5 g
Total Sugars:	6 g
Added Sugars:	6 g
Protein	15 g

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

<input type="checkbox"/>		Add 1 to Cart Brown Rice, 16 oz	<input type="checkbox"/>		Add 1 to Cart Garlic, bulb
<input type="checkbox"/>		Add 1 to Cart Broccoli Crowns (8 oz avg)	<input type="checkbox"/>		Add 1 to Cart Chicken Breast, 6 oz
<input type="checkbox"/>		Add 1 to Cart Fresh Celery, 1 bunch	<input type="checkbox"/>		Add 1 to Cart Low Sodium Soy Sauce
<input type="checkbox"/>		Add 1 to Cart Carrot	<input type="checkbox"/>		Add 1 to Cart Light Brown Sugar, 32 oz
<input type="checkbox"/>		Add 1 to Cart Jalapeno	<input type="checkbox"/>		Add 1 to Cart Corn Starch

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.

My Cooking Notes