

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!

Serves 6

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

Nutrition Facts

Serving Size 1 cup rice and 1 cup stir-fry
Servings Per Container 6

Amount Per Serving

Calories 450 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 50mg **17%**

Sodium 740mg **31%**

Total Carbohydrate 69g **23%**

Dietary Fiber 8g **32%**

Sugars 12g

Protein 26g

Vitamin A 90% • Vitamin C 90%

Calcium 6% • Iron 15%

*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.

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.
6. Serve with stir-fry over top of cooked rice.

