

Stir Fried Vegetables

- 2 Tbsp. canola oil
- 2 cups broccoli, frozen or fresh
- 4 carrots, cut in thin slices
- 2 stalks celery, cut in thin slices
- ¼ tsp. garlic powder
- ½ cup low sodium chicken broth
- 1 Tbsp. cornstarch
- 1 Tbsp. cold water

1. Heat oil in skillet on medium high heat.
2. Chop broccoli, carrots, and celery. Add to pan and cook for 2 minutes.
3. Add garlic powder and chicken broth, and cook until vegetables are tender-crisp.
4. Mix cornstarch with cold water. Add to skillet and stir until sauce thickens.

Tips:

To save time use a bag of frozen stir fry vegetables. Fresh broccoli is at its best and least expensive during the summer.

Serves:
4

Serving size:
1 cup

Prep time:
15 minutes

Cook time:
15 minutes

Menu ideas:

Serve over rice or other grain, such as bulgur, couscous, pasta, or Asian noodles. To add protein, top with grated sharp cheddar cheese, seasoned tofu, or toasted nuts.

Nutrition Facts

Serving Size 1 cup (182g)
Servings Per Container 4

Amount Per Serving		Calories from Fat 60
		% Daily Value*
Calories 120		
Total Fat 7g		11%
Saturated Fat 0.5g		3%
Trans Fat 0g		
Cholesterol 0mg		0%
Sodium 140mg		6%
Total Carbohydrate 13g		4%
Dietary Fiber 4g		16%
Sugars 6g		
Protein 2g		
Vitamin A 290%	• Vitamin C 70%	
Calcium 4%	• Iron 2%	

*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