

Eat Smart • Move More

Vegetable Stir-fry

Prep Time: 10 minutes

Total Time: 20 minutes



Ingredients

- 2 teaspoons canola oil
- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 2 carrots, sliced
- 2 celery stalks, sliced
- 1 bell pepper, sliced
- ¾ cup pineapple juice
- 1 tablespoon lemon juice
- 1 tablespoon sugar
- 1 ½ teaspoons cornstarch
- 1 teaspoon less sodium soy sauce
- 2 cups brown rice, cooked

Directions

- Heat oil in a skillet over medium-high heat. Add broccoli, cauliflower, carrots, and celery. Cook for 2 minutes. Add bell pepper and cook for 2 more minutes.
- In a mixing bowl, combine pineapple juice, lemon juice, sugar, cornstarch, and soy sauce. Next, add the sauce to the skillet. Bring to a boil and cook for 1 minute or until the sauce thickens. Pour sauce over vegetables.
- Serve over brown rice.

Nutrition Facts

6 servings per container	
Serving size	1 serving
	(251.74g)
Amount per serving	
Calories	310
% Daily Value*	
Total Fat 4g	5%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 95mg	4%
Total Carbohydrate 62g	23%
Dietary Fiber 5g	18%
Total Sugars 9g	
Includes 2g Added Sugars	4%
Protein 7g	
Vitamin D 0mcg	0%
Calcium 50mg	4%
Iron 1.5mg	8%
Potassium 640mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Quick Tips

- ▶ Substitute frozen vegetables for quicker prep time.
- ▶ Leftover rice can be used in place of cooking rice.
- ▶ Use your family's favorite veggies in this recipe. Snow peas, mushrooms, or cabbage would taste great, too.

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(Recipe adapted from: <http://www.layersofhappiness.com>.)

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