

BUILD YOUR OWN Stir-Fry

Choose from your favorite ingredients and make it your own!

Prep Time: 15 minutes

Total Time: 30 - 50 minutes



PROTEIN



4 eggs



12 ounces fajita meat/beef strips



12 ounces tofu

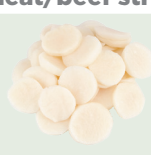


12 ounces chicken

VEGETABLE



2 cups carrots



2 cups water chestnuts



2 cups sprouts



2 cups cabbage

SAUCE



2 tablespoons peanut sauce



2 tablespoons siracha



2 tablespoons red wine vinegar



1 tablespoon mushu/hoisin sauce

GRAIN



2 cups brown rice



2 cups whole-wheat pasta



2 cups riced cauliflower*

TOPPING



1 teaspoon sesame seeds



1 teaspoon garlic



1 teaspoon fresh ginger



1 teaspoon peanuts

Directions:

- Heat olive oil (or substitute) in a skillet over medium-high heat. Select protein (or combination of protein options) and cook until done (whole cuts = 145° F and ground = 165° F). Remove the protein foods and place on a clean plate to prevent cross-contamination.
- Cook grains in a separate container following instructions on the package. Brown rice will require more time.
- Choose vegetables and sauté in the skillet until tender, but still firm.
- Next add the protein back to the skillet along with whichever sauce you want. Bring to a simmer and cook for 1 minute or until the sauce thickens.
- Serve over the whole grain of choice and then add desired toppings.
- Serves 4.

Requires Oil

*Cauliflower is considered a vegetable, but can be substituted for a whole grain in this recipe.

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