

VEGETABLE STIR FRY



PREP TIME: 10 MIN. COOK TIME: 10 MIN.

TOTAL TIME: 20 MIN.



INGREDIENTS

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| 1 cup Low Sodium Chicken Broth | 1/2 tsp. Crushed Red Pepper, optional |
| 2 Tbsp. Reduced Sodium Soy Sauce | 1 Tbsp. Avocado Oil |
| 2 tsp. Cornstarch | 1 pkg. (12 oz.) Stir Fry Vegetable Mix |
| 1 tsp. Ground Ginger | 8 oz. Sliced Mushrooms |
| 1 tsp. Honey or Maple Syrup | 1 cup Shelled Edamame |
| 1 Clove Garlic, minced | 2 Green Onions, thinly sliced |
| 1/2 tsp. Ground Black Pepper | |

METHOD

1. In a small bowl, combine chicken broth, soy sauce, cornstarch, ginger, honey, garlic, black pepper, and crushed red pepper. Set aside.
2. Add oil to a wok or large skillet over medium-high heat. Add vegetable mix and mushrooms. Sauté 3 to 5 minutes or until crisp tender. Add edamame and stir fry sauce; cook until sauce thickens and vegetables are desired tenderness, about 5 minutes.
3. Top stir fry with sliced green onions and serve with cooked quinoa or brown rice.

Options: Try adding sautéed chicken or tofu.

Nutrition Facts (no rice or quinoa): 109 calories | 4 grams fat | 17 grams total carbohydrate | 4 grams dietary fiber | 7 grams sugar | 4 grams protein | 388 mg sodium

These values are estimations of the nutrient content that may be in one serving of this recipe. Preparation and cooking methods may lead to variations in nutrient content. Ingredients of any brand may be substituted in this recipe for similar results. Nutrition content estimates are based off of the products listed.



SERVES

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