

Nutrition Resource Center

Preventative Food Pantry: (617) 414-3834 or (617) 414-5263

Food Demonstration Kitchen: (617) 414-3840 or www.bmc.org



Simple Asian Veggie Stir-Fry

Makes 4 servings

Recipe by Dr. Amanda Velazquez

Ingredients:

1 cup dried brown rice, cooked according to package (which should make about 3 cups *cooked brown rice*)

1 red bell pepper, rinsed cut into thin matchstick slices

1 package of tofu, roasted, ***per recipe**

2 cup frozen edamame (soybeans) + 1 Tb water

2 cups broccoli florets

2 Tb yellow or white onion, finely chopped

2 cloves garlic, minced

3 Tb low-sodium soy sauce

1 tsp sesame oil

1 tsp canola oil

1 tsp black pepper

1/4 tsp sea salt, to taste

Directions:

1. Cook your rice according to package. While it boils, roast your broccoli and bake your tofu. While those are baking, chop your bell pepper, onion and garlic, set to side.
2. Prepare the frozen edamame by placing in microwave safe bowl, add 1 Tb water and heat with lid on for 4-5 minutes until cooked through. Drain water and set to side.
3. Use large cooking pan or wok over low-medium heat and heat the canola oil for 1-2 mins. Add garlic and onion together, allow to cook for 3-4 mins, until fragrant and onions become translucent. Don't allow garlic to brown.
4. Add red bell pepper and toss for 1-2 mins to coat with garlic and onion mixture.
5. Increase heat to medium, add sesame oil and soy sauce, toss for 1-2 mins and remove from heat.
6. To large pan, add the rice, broccoli, edamame and **Crispy Spiced Tofu**, black pepper and sea salt. Toss and serve!

***SEE Crispy Spiced Tofu recipe**

Nutritional Information per serving:

Calories: 392

Total Fat: 14g

Saturated Fat: 2g

Carbohydrates: 45g

Cholesterol: 0mg

Dietary Fiber: 6g

Protein: 21g

Sodium: 573mg