

VEGETABLE STIR FRY

INGREDIENTS:

- 1 zucchini, sliced
- 2 carrots, sliced into matchsticks
- 1 white onion, thinly sliced
- 1 red pepper, thinly sliced
- 1 tablespoon sesame oil
- 1 bunch scallions, divided
- 2 garlic cloves, minced
- 3 tablespoons rice wine vinegar
- 1/4 cup reduced sodium soy sauce
- 1 teaspoon Sriracha
- 1 cup cooked brown rice

DIRECTIONS:

1. Have all the vegetables prepped and ready to access by the wok or large sauté pan.
2. Take half of the garlic, ginger, and scallion mixture and combine with rice wine vinegar, soy sauce, and sriracha. Set aside.
3. Pre-heat the wok and add oil. When hot, add vegetables, the remaining garlic, and scallions. Cook quickly and stir frequently. You may need to cook in batches.
4. Serve with sauce, over brown rice.

Nutrition Facts

Serving Size 1 cup (197g)
Servings Per Container 4

Amount Per Serving

Calories 170 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 420mg **18%**

Total Carbohydrate 29g **10%**

Dietary Fiber 4g **16%**

Sugars 8g

Protein 5g

Vitamin A 160% • **Vitamin C** 90%

Calcium 4% • **Iron** 6%

*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

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Source: www.drjuliacooks.com

