

Farmers' Market Stir-Fry

Serves 6

2 cups cooked brown rice
Vegetable oil cooking spray
3 cloves garlic or ½ teaspoon garlic powder
1 teaspoon fresh ginger or ½ teaspoon ground ginger
1 cup onion, diced
1 cup broccoli, cut into bite-size pieces
1 cup carrots, sliced
1 cup cabbage, chopped
1 cup cauliflower, cut into bite-size pieces
¼ cup water
2 stalks celery, sliced
4 mushrooms, sliced
Lemon juice, cider vinegar or low-sodium soy sauce as desired.

1. Wash and prepare vegetables.
2. Prepare brown rice according to package instructions.
3. Spray non-stick skillet with cooking spray. Stir in garlic, ginger, and onion. Cook 2 minutes.
4. Add broccoli, carrots, cabbage and cauliflower.
5. Add water, cover pan, and cook for about 2 minutes. Vegetables should keep their bright color and stay crisp.
6. Remove cover and add remaining vegetables and cook for 2 minutes.
7. Serve over brown rice. Add lemon juice, vinegar or soy sauce as desired.

TIP:

- Cabbage is a good source of vitamin C.

Nutrition Facts:

Serving size: 1 cup; Calories: 111; Fruits and Vegetables: 1¼ servings; Fat: 1 g; Fiber: 4 g



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