



From the Kitchen of Executive Chef Jessica VanRoo

Veggie Stir Fry with Rice

Serves 6 *Calories per serving: 330 with chicken/358 with steak/310 with tofu*

Description

The appearance and texture of soggy, mushy veggies is usually a big turnoff for children. This quick and colorful stir fry uses fresh vegetables and a choice of chicken breast, flank steak or tofu with a yummy sauce.

When prepared right, the crisp yet tender vegetables are sure to please the pickiest eater. This recipe also exposes your child to a variety of vegetables with different colors and textures.

Bell peppers are nutrient powerhouses that provide lots of vitamin C, vitamins A and K1, folate, potassium and many other antioxidants for immune health. They also contain vitamin E, which is essential for healthy nerves and muscles.

Broccoli turns a beautiful, bright green when stir fried to tender perfection and looks like a miniature tree that can capture a child's imagination. It's also full of calcium, so important for growing bones, and it has an unusually strong combination of vitamins A and K to help balance little metabolisms.

Total cost: \$8.58/\$1.43-\$2.51 per serving



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Stir Fry

- 1 teaspoon baking soda (use for poultry and meat ONLY)
- 12-16 oz chicken breast, flank steak or tofu
- 2 teaspoons avocado oil
- 4 garlic cloves, minced
- 1 onion, thinly sliced or diced
- 1 sweet bell pepper, sliced
- 3 ½ cups assorted vegetables such as carrots, broccoli and cauliflower florets, spinach, cabbage, zucchini, cut into bite-sized pieces

Rice

- 1 cup rice, rinsed and drained well
- 1 ½ cups bone broth or vegetable broth (or water)

Sauce

- ⅔ cup chicken stock, broth or water
- 2 tablespoons low-sodium soy sauce
- 2 tablespoons rice wine vinegar
- 2 teaspoons sesame oil
- 2 teaspoons agave or honey
- 1 teaspoon hot sauce (optional)
- Salt and pepper to taste
- 1 tablespoon water mixed with 1 tablespoon arrowroot powder or cornstarch (optional thickener)
- ¼ cup chopped green onions, cilantro, sesame seeds or peanuts for garnish



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Stir Fry

- Cut protein into bite-sized pieces and set aside. (If using chicken or steak, coat in baking soda for 20 minutes, rinse and pat dry.)
- Mix stir-fry sauce ingredients and set aside. (For thicker sauce, mix cornstarch and water in separate bowl and set aside.)
- Heat wok or skillet over medium-high or high heat.
- Add two teaspoons of oil or coat pan with oil using paper towel.
- Heat chicken, steak or tofu until just golden brown, remove and set aside.
- Coat pan with more oil if needed, add garlic and onions, stirring continuously to prevent burning.
- When you begin to smell the garlic and onions, add harder vegetables (carrots, cauliflower and peppers) plus $\frac{1}{2}$ a teaspoon of water to speed the cooking process.
- Cook 2 minutes, then add remaining vegetables and cook 2-4 more minutes or until desired texture.
- Add chicken, steak or tofu pieces to the vegetable mix.
- Add sauce of your choice and thickener, toss all ingredients.
- Stir well, allow to boil, then turn off heat.

Rice

- Combine rice with broth or water in a saucepan.
- Bring to a boil over medium high heat — no lid.
- Turn heat down to low, cover with lid and simmer for 13 minutes.
- With lid still on, remove saucepan from heat and let stand for 10 minutes.
- Fluff rice with rice paddle or fork.
- If making more than 1 or 2 cups, allow 20-25 minutes to cook thoroughly.

Serve stir-fry over $\frac{1}{2}$ cup of rice. Garnish dish with your choice of scallions, sesame seeds or oil, cilantro or parsley and chopped peanuts.