

## Simple Stir Fry

*Med instead of Meds*

**Serves 2**

Ingredients:

- 1 Tbsp oil (peanut or canola)
- 3 c. of vegetables, cut into 1-inch pieces—good combinations are broccoli, carrots, onions, cauliflower, summer squash, and mushrooms
- 2 tsp grated fresh ginger
- 2 Tbsp low-sodium soy sauce
- 2 c. brown rice or whole-wheat spaghetti

Directions:

1. Add oil to a hot stir-fry pan or large skillet
2. Add the grated ginger. Cook until tender but still crisp (about 1 minute)
3. Add the vegetables in order of firmness, harder foods first; Cook each vegetable for a minute or so before adding the next vegetable. For example, add carrots and cook for a minute or two, then broccoli and cauliflower and cook for a minute or two, ending with mushrooms (adapt this sequence based on your vegetables)
4. Continually toss the vegetables to prevent sticking
5. Add the soy sauce and stir
6. Serve with the rice or whole-wheat spaghetti.

Nutrition Information per serving:

(based on using brown rice)

Serving size: 1 ½ c. vegetables, 1 c. brown rice

Vegetables: 1 ½ c.

Fruits: 0 c.

Calories: 337 calories

Carbohydrates: 57 grams

Fiber: 7 grams

Protein: 9 grams

Fat: 9 grams

Sodium: 626 mg