



Women's
Heart Advantage
of Idaho

Nutty Stir Fry Bowl

3 cups cooked brown rice
1 teaspoon canola oil
1 clove garlic, crushed
1 cup sliced bell pepper
1 carrot, sliced

1 onion, chopped
1/2 cup mushrooms
1 cup broccoli florets
2 tablespoons chopped peanuts
2 tablespoons light soy sauce

Heat the oil in a large nonstick skillet over medium high heat. Sauté the garlic until golden brown, then add the peppers, carrots and onions. Sauté until crisp tender then add the mushrooms and broccoli. Cook briefly then add the peanuts and soy sauce. Stir and serve hot over cooked brown rice in a bowl.

Serves 4. Each 1 1/2 cup serving has:

*233 calories, 5 g fat, < 1g saturated fat, 293 mg sodium,
41 g carbohydrate, 5 g fiber, 7 g protein.*

