

# Try it “Tuesdays”

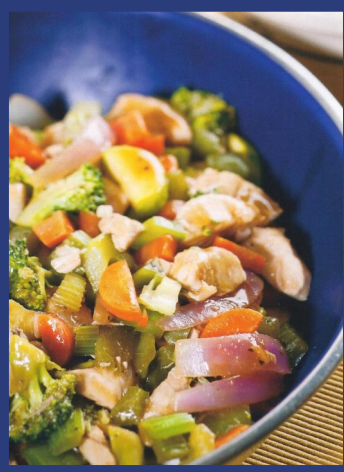


**Stir-Fry (Chicken)**

**Nutrition Facts**

Serving Size 1.0 cup(s) (391g)

Amount Per Serving		
<b>Calories</b>	335	Calories from Fat 52
		% Daily Value
<b>Total Fat</b>	5.8g	9 %
Saturated Fat	1.0g	5 %
Trans Fat	0.0g	
<b>Cholesterol</b>	33.1mg	11 %
<b>Sodium</b>	536.9mg	22 %
<b>Total Carbohydrate</b>	53.0g	18 %
Dietary Fiber	5.0g	20 %
Sugars	3.5g	
<b>Protein</b>	17.5g	
Vitamin A	41%	Calcium 6 %
Vitamin C	54%	Iron 11 %



**Stir-fried Vegetables**

**with beef, chicken, or tofu**

Makes: 6 servings (1 cup stir-fry, 1 cup rice)

Preparation Time: 10 Minutes

Cooking Time: 10-15 minutes

**Ingredients**

- 1 cup beef, chicken, or vegetable broth
- 2 tablespoons soy sauce
- 1 tablespoon corn starch
- 1 teaspoon garlic powder
- Pinch of pepper
- 1 tablespoon vegetable oil
- 5 cups sliced vegetables, fresh or frozen (celery, broccoli, zucchini, onions, green beans, carrots, peppers)
- 2 cups uncooked beef or chicken or 4-ounce firm tofu in bite size pieces
- 6 cups cooked brown rice

**Directions**

Mix together broth, soy sauce, cornstarch, garlic powder, and pepper. Set aside. Heat oil in a hot skillet and add beef, chicken, or tofu. Stir and cook over high heat until cooked thoroughly. Remove beef, chicken, or tofu from the pan. Place vegetables in the skillet. Cook for 5 minutes, stirring often. Lower heat. Return beef, chicken, or tofu to skillet. Pour broth mix over vegetable and tofu/meat. Stirring constantly, cook 2 minutes or until liquid thickens. Serve immediately cover cooked rice. Refrigerate leftovers.

For more information, Contact your local EFNEP office