

Asian Peanut Stir-Fry

Makes 6 servings

INGREDIENTS

For the peanut sauce

- 1 minced 1" piece ginger
- 1 minced garlic clove
- ½ cup peanut butter
- 2 tablespoons reduced-sodium soy sauce
- 1 tablespoon lime juice (optional)
- ¼ teaspoon crushed red pepper flakes

For the stir-fry

- 2 tablespoons oil
- 1 minced clove garlic
- 1 minced 1" piece ginger
- 1 diced onion
- 3-4 cups chopped vegetables (broccoli, carrots, cauliflower, etc.) *Fresh, frozen (thawed), or canned

DIRECTIONS

1. Combine all sauce ingredients in a small bowl. Mix with a spoon until it is smooth. Set aside.
2. In a large pan, heat oil over medium-high heat. Add garlic, ginger, and onion, stirring occasionally, 3-4 minutes.
3. Add chopped vegetables. Stir well for 4-5 minutes.
4. Reduce the heat to medium-low. Add the sauce and rice and stir to coat. Add 1-2 tablespoons water if the sauce is not creamy enough.
5. Serve immediately. Refrigerate leftovers.



Nutrition Facts

Serving Size 1.5 cups (336g)
Servings Per Container 4

Amount Per Serving

Calories 420 Calories from Fat 220

	% Daily Value*
Total Fat 24g	37%
Saturated Fat 3g	15%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 390mg	16%
Total Carbohydrate 44g	15%
Dietary Fiber 7g	28%
Sugars 10g	

Protein 13g

Vitamin A 60% • Vitamin C 90%

Calcium 8% • Iron 10%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Recipe and photo adapted from: <http://www.epicurious.com/recipes/food/views/peanut-sauce-51149020> and <https://hurrythefoodup.com/easy-vegetable-stir-fry-with-creamy-peanut-sauce/>