

Vegetable Stir-Fry with Peanut Sauce

Peanut sauce (see recipe below)

8 cups seasonal vegetables (broccoli, cabbage, carrots, bell peppers zucchini, onions etc.)

1/2 Tablespoon canola oil

3 cups cooked brown rice

1/4 cup chopped peanuts

Peanut Sauce:

3 Tablespoons peanut butter

1/3 cup warm water

2 Tablespoons low-sodium soy sauce

1 1/2 Tablespoons lime juice

1 1/2 Tablespoons minced fresh ginger

1/2 teaspoon red pepper flakes

A small amount of peanut butter adds lots of flavor to this dish while providing heart healthy Monounsaturated and Polyunsaturated fats.

Servings:	6
Serving Size:	1/6 recipe
Calories	251
Total Fat	9g
Saturated Fat	2g
Cholesterol	0mg
Sodium	222mg
Total Fiber	6g
Protein	8g
Carbohydrates	37g
Potassium	562mg

1. In a small bowl, mix together peanut butter and warm water until well combined. Add soy sauce, lime juice, ginger and red pepper flakes. Mix and set aside.
2. Chop vegetables into bite-sized pieces and set aside.
3. Heat canola oil in a large skillet over medium-high heat. Add vegetables and stir-fry until tender, about 10 minutes.
Remove pan from heat.
4. Mix peanut sauce with vegetables and serve over brown rice. Top with chopped peanuts.