

Garlic Ginger Stir Fry

Servings: 4

Ingredients

- ½ Tbl. Toasted Sesame Oil
- ¾ c. Water
- 2 Tbl. Cornstarch
- 2 Tbl. reduced sodium Soy Sauce
- 2 Tbl. minced Garlic
- 1 Tbl. Maple Syrup
- 2 Tbl. Ginger paste (or 1 Tbl. fresh grated)
- 1 stalk Celery, diced
- 1 c. Baby Carrots, cut into 2-inch sticks
- 2 cans (4.25 oz.) Shitake (or button) Mushrooms
- 2 Green Onions, chopped
- 2 c. frozen Petite Broccoli florets
- 1 c. Edamame (frozen, already shelled)
- 1½ c. dry (to make 3 c. cooked) Basmati Rice, long grain, brown

Directions:

1. Make rice ahead of time so that it is ready
2. Add sesame oil to large sauté pan on medium heat.
3. Add vegetables, and cook 5 to 10 minutes to desired tenderness
4. In a *1 cup liquid measuring cup*, use a fork to mix cornstarch with ¼ c. water until smooth
5. Add remaining water, bouillon, soy sauce, garlic, ginger and maple syrup
6. Add cornstarch mixture to vegetables, and cook stirring until sauce is thickened
7. Serve immediately over rice

Nutrition: (Serving size: ¼th Recipe with ¾ c. rice)

Calories: 492	Protein: 27.5g	total carbohydrate: 60.5	total fat: 14.8g
sugars: 8.9g	saturated fat: 3.6g	sodium: 1527mg	dietary fiber: 9.2g