



# Hearty Stir-Fry

Prep: 15 minutes | Cook: 10 minutes | Total: 25 minutes

Yield: 4 servings | Serving Size: 2 cups

## Ingredients

- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon honey
- 1 tablespoon lime juice
- ¼ teaspoon ground dried ginger (or 1 teaspoon fresh grated ginger)
- 1 tablespoon peanut, canola, or avocado oil, divided
- ½ pound (8 ounces) raw animal or plant protein (e.g. tempeh, tofu, chicken, shrimp, meat, eggs)
- 3 cloves garlic, minced (about 1½ teaspoons)
- 4 cups fresh vegetables or frozen stir-fry vegetables (one type or a combination; e.g. asparagus, broccoli, carrots, mushrooms, onions, peppers, zucchini, snap peas, cabbage, green beans, cauliflower)
- ½ cup raw unsalted cashews or peanuts (optional)
- 2 cups cooked brown rice or quinoa

## Directions

1. In a small bowl, whisk together the soy sauce, honey, lime juice, and ginger to make a sauce. Set aside.
2. Chop and slice the selected vegetables. Arrange in order of cooking time, from longest (hard/tough vegetables; onion, carrots, broccoli) to shortest (soft vegetables; snap peas, asparagus, zucchini). If using frozen vegetables, skip this step and add all the vegetables at the beginning of cooking.
3. Prepare the selected protein (small dice or thin slice, unless using shrimp or eggs).
4. Heat a large skillet, sauté pan, or wok over high heat.
5. Add the oil and the longest-cooking vegetables and cook, stirring constantly, for 2 minutes.
6. Add the protein and cook, stirring constantly, for 2 minutes.
7. Add the shortest-cooking vegetables and cook, stirring constantly, for 4 minutes.
8. Add the sauce and cashews or peanuts (if using). Cook, stirring constantly, for 1 minute.
9. Divide the rice or quinoa between four bowls and divide the vegetable-protein mixture between the bowls. Serve warm.

**Nutrition Facts Per Serving: Calories: 370 | Total Fat: 19 g | Saturated Fat: 3.5 g  
Sodium: 290 mg | Total Carbohydrate: 34.5 g | Dietary Fiber: 6 g | Protein: 25 g**

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