



Hearty Vegetable Stir-Fry

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 4 servings | Serving Size: 1 cup

Ingredients

- 2 tablespoons reduced-sodium (lite) soy sauce
- 1 tablespoon honey
- 1 tablespoon lime juice
- ¼ teaspoon ground ginger (optional)
- 1 tablespoon high-heat oil (e.g. grapeseed, peanut, canola, avocado), divided
- 8 ounces protein (e.g. tempeh, tofu, chicken), cut into thin slices or small cubes
- 2 carrots, peeled and julienned
- 1 onion, thinly sliced
- 3 cloves garlic, minced (about 1½-3 teaspoons)
- 1 cup broccoli florets
- 1 cup sliced mushrooms (about 3 ounces)
- 1 red bell pepper, sliced
- ½ cup raw unsalted cashews (optional)

Directions

1. In a small bowl, whisk together the soy sauce, honey, lime juice, and ginger (if using) to make a sauce. Set aside.
2. Heat a large skillet, sauté pan, or wok over high heat.
3. Add the ½ tablespoon of the oil and the selected protein. Cook, stirring constantly, until the protein is browned and cooked through (if applicable), about 2-3 minutes. Remove from the pan and set aside.
4. Add the remaining ½ tablespoon oil, carrots, onion, and garlic. Cook, stirring constantly, for 2 minutes.
5. Add the broccoli and cook while stirring for 2 minutes.
6. Add the mushrooms and bell pepper. Cook while stirring until tender, about 3-4 minutes.
7. Add the sauce mixture, the cooked protein, and cashews (if using). Cook, stirring constantly, for 1 minute.
8. Serve warm, on its own or over a cooked grain (e.g. brown rice, rice noodles, quinoa).

Recipe Notes

- Try using other vegetables, cooking them in the order from hardest to softest, with more time for harder ones.

**Nutrition Facts Per Serving: Calories: 320 | Total Fat: 18 g | Saturated Fat: 3.5 g
Sodium: 340 mg | Total Carbohydrate: 27 g | Dietary Fiber: 3 g | Protein: 17 g**

Adapted from Mariel Hensley, RD | Submitted by Melanya Souza, RD, LD/N
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