



Stir Fry

High Fiber

(4 1 1/2-cup servings)

Nutrition Facts

Serving Size (363g)			
Servings Per Container			
Amount Per Serving			
Calories	320	Calories from Fat	35
% Daily Value *			
Total Fat	4g	6%	
Saturated Fat	0.5g	3%	
Trans Fat	0g		
Cholesterol	35mg	12%	
Sodium	340mg	14%	
Total Carbohydrate	47g	16%	
Dietary Fiber	6g	24%	
Sugars	5g		
Protein	20g		
Vitamin A	2%	Vitamin C	70%
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:	2000	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

Ingredients

- 3 cups brown rice, cooked**
- 8 oz. lean chicken breast, cut in thin strips**
- 1 teaspoon vegetable oil**
- 1/2 cup onion, chopped**
- 3 cups any vegetable (fresh or frozen)**
- 1/2 cup celery, diced**
- 1 green pepper, cut into strips**
- 1 tablespoon soy sauce – low sodium**
- Pepper to taste**

Instructions

1. Chop/dice vegetables. Cut meat into thin strips.
2. Heat frying pan over high heat. Add oil to hot pan.
3. Stir-fry meat and onion for minutes by constantly stirring with only a small amount of oil in the frying pan. Meat should lose its pink color.
4. If using frozen vegetables, add and continue to stir fry for 5-8 minutes.
5. Add celery, green pepper and any other vegetables and stir-fry 1 minutes or until all vegetables are tender-crisp.
6. Add cooked rice when vegetables are done. Stir until hot.
7. Add soy sauce and pepper, stir to blend.

Source: Helping Hands



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