



Vegetable Cashew Stir Fry

INGREDIENTS:

Rice

1 ½ cups Brown Rice, long grain, uncooked
3 cups Stock, chicken or vegetable

Stir Fry

1 cups Carrots, halved, cut on bias
2 cups Broccoli florets
1 cup Bean sprouts
1 cup Celery
1 cup Straw mushrooms
1 cup Bell peppers, (red and yellow) julienne
1 cup Yellow onions, julienne
1cup Water chestnuts
½ cup Soy Beans
1 cups Egg Beaters
½ cup Cashews, unsalted or lightly salted, pieces or chopped
¼ cup Low sodium soy sauce
2 Tablespoon Garlic, fresh, minced
2 Tablespoon Ginger, fresh, minced
1 Tablespoon Sesame oil
Pinch Sea Salt
3 each Wontons, halved (triangle) baked- garnish
1 head Red cabbage leaves, garnish for base of stir fry
2 each Green Onion frills – for garnish or chopped green onions

PREPARATION:

- Preheat oven to 350 F.
- Cook brown rice with chicken or vegetable stock in large sauce pot.
- Bake wonton triangles until golden brown- then cool and set aside for service.
- Preheat large sauté pan.
- Add Sesame oil to sauté pan.
- Sauté garlic, ginger, onions, celery and peppers first.
- Once tender, add broccoli, mushrooms, water chestnuts and bean sprouts.
- Add low sodium soy sauce to the vegetables as they cook.
- Cook until al dente- slight crunch. Then set aside and keep hot.
- On the side, scramble egg beaters in separate sauté pan. Make sure to scramble egg beaters well, so that there are small pieces of egg.
- When all components of stir fry are finished, combine all ingredients together in large warmed bowl and then add the sea salt.
- Taste, stir fry for overall flavor.
- Drizzle sweet soy sauce glaze over each dish for extra stir fry flavor.





Number of servings: 6
Serving Size: 2 ¼ cups= ¾ cup rice & 1 ½ cup vegetable cashew stir fry
Calories per serving: 360
Fat Grams per serving: 9

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