



Super Veggie Stir-Fry

6 Servings • 1 Serving = 1 Cup

INGREDIENTS

- 2 Tablespoons less sodium soy sauce
- 2 Tablespoons rice vinegar
- 2 teaspoons toasted sesame oil
- 1 teaspoon onion powder
- 1 Tablespoon ginger, grated
- 2 cloves garlic, crushed
- 2 teaspoons Asian hot sauce
- 1 Tablespoon extra virgin olive oil
- 1 red bell pepper, thinly sliced
- 2 cups button mushrooms, sliced
- 4 mini bok choy, leaves separated
- 1 bunch green onions, sliced
- 1 cup edamame
- 1 cup hard tofu, grated

DIRECTIONS

1. Combine soy sauce, rice vinegar, sesame oil, onion powder, ginger, garlic, and hot sauce into a small bowl. Set aside.
2. Heat a skillet or wok over medium-high heat. Once the skillet is warmed, add the oil.
3. Add the bell pepper and mushrooms, stirring quickly, for about 3 minutes. Add the stalk of the bok choy, the green onion, and the edamame. Stir for another 2 minutes.
4. Add the tofu and the leaves of the bok choy and cook until just starting to wilt.
5. Add the sauce and let it boil. Stir, and then remove from heat.

Nutrition Facts

servings per container

Serving size (685g)

Amount per serving

Calories **210**

% Daily Value*

Total Fat 9g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 580mg **25%**

Total Carbohydrate 21g **8%**

Dietary Fiber 7g **25%**

Total Sugars 11g

Includes 0g Added Sugars **0%**

Protein 18g

Vitamin D 0mcg **0%**

Calcium 864mg **70%**

Iron 7mg **40%**

Potassium 1724mg **35%**

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

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