



# Chinese Veggies and Rice



Recipe from *Cooking Matters In Your Community*

## Ingredients



- 1 cup brown rice
  - 1 clove garlic
  - 1 Tbsp. cornstarch
  - 1/2 pound broccoli
  - 6 ounces boneless chicken pieces or firm tofu or edamame
  - 2 Tbsp. canola oil
  - 2 medium celery stalks
  - 1/2 tsp. ground ginger
  - 1 medium carrot
  - 1/4 cup low-sodium soy sauce
  - 1 small jalapeno or other chili pepper
  - 1 Tbsp. brown sugar
- Yield: 4 servings  
Serving Size: 1.5 cups



## Directions



1. Cook rice following package directions. Set aside. Cover to keep warm. While rice is cooking, make veggie mixture.
2. Rinse and chop broccoli and celery. Peel, rinse, and chop carrots. Rinse and mince jalapeno. Peel and finely chop garlic.
3. If using chicken, remove any skin. Cut chicken into small pieces.
4. In a small bowl, stir together soy sauce, brown sugar, and cornstarch. Add 1 tsp. of the minced jalapeno. Stir.
5. In a medium skillet over medium-high heat, heat oil. Add ground ginger and stir. Add chicken or tofu. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
6. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked but not dry, about 5-7 minutes.
7. Add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes. Serve over warm brown rice.

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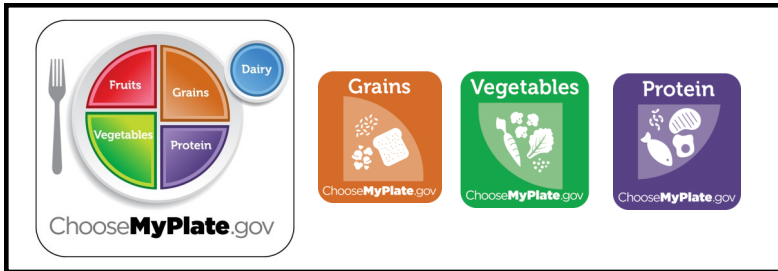


# Fast Facts

Total Cost: \$10.50

Serving Cost: \$2.63

## Featured Food Groups



## Nutrition Facts



### Nutrition Facts

4 servings per container

**Serving size** 1.5 cups

**Amount Per Serving**  
**Calories** 420

% Daily Value\*

**Total Fat** 10g 13%

Saturated Fat 1g 5%

Trans Fat 0g

Polyunsaturated Fat 3g

Monounsaturated Fat 5g

**Cholesterol** 0mg 0%

**Sodium** 760mg 33%

**Total Carbohydrate** 74g 27%

Dietary Fiber 16g 57%

Total Sugars 12g

Includes 2g Added Sugars 4%

**Protein** 19g 38%

Vitamin D 0mcg 0%

Calcium 325mg 25%

Iron 4.32mg 25%

Potassium 1692mg 35%

\*The % Daily Value (DV) 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.

## Cooking Tips



- Use any veggies you like. Be sure to cut all veggies into equal size pieces so they cook evenly. Add denser veggies, like broccoli, celery, and root veggies, to the skillet first. Add veggies with a higher water content, like squash or spinach, last.
- Cook more rice than you need for this recipe. Use it in another recipe later in the week.
- Use 2 tsp. fresh ginger instead of ground.
- Chicken and tofu not included in the nutrition facts. Both would provide additional protein.

Second Harvest is an equal opportunity provider.

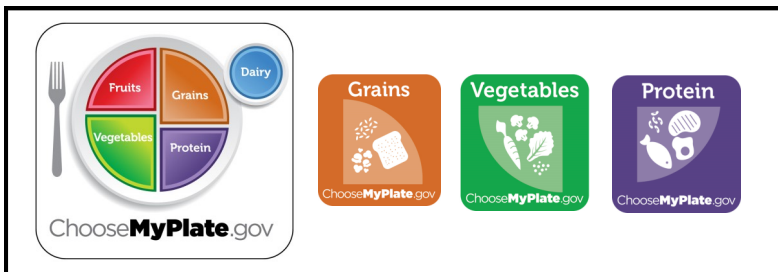


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