



Chinese Veggies and Rice



Recipe from *Cooking Matters In Your Community*

Ingredients



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

Visit secondharvestkitchen.org to find more recipes, free classes, and ways to get involved!



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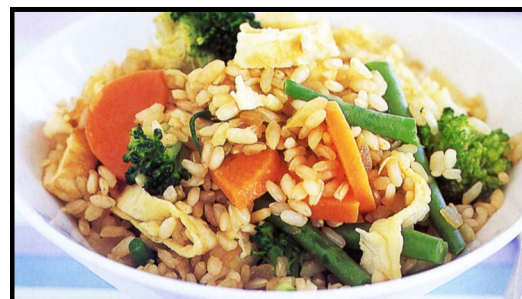


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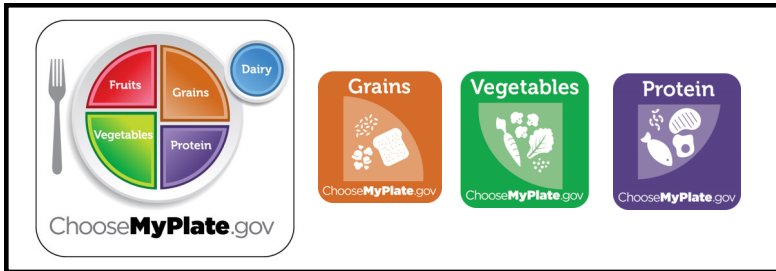
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Fast Facts



Featured Food Groups



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.

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.

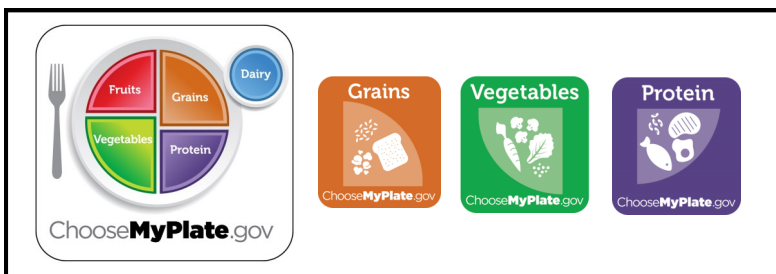
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