

Ginger, Veggies, and Rice

Recipe from Cooking Matters In Your Community





- 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	٠	1 Tbsp. cornstarch

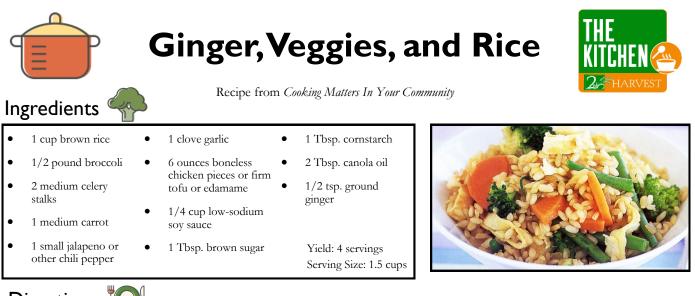
- 6 ounces boneless 2 Tbsp. canola oil chicken pieces or firm
- tofu or edamame 1/2 tsp. ground ginger 1/4 cup low-sodium
- soy sauce 1 Tbsp. brown sugar
 - Yield: 4 servings Serving Size: 1.5 cups



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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Featured Food Groups	Nutrit
Fruits Dairy Vegetables Protein Protein Vegetables Choose MyPlate.gov	4 servi Servi Amou Cal Total F Satu Tran Poly
Cooking Tips 🚬	Mor Choles Sodiur
• 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.	Total C Diet Tota II Proteiu
• Cook more rice than you need for this recipe. Use it in another recipe later in the week.	Vitamir Calciur
 Use 2 tsp. fresh ginger instead of ground. Chicken and tofu not included in the nutrition facts. Both would provide additional protein. 	Iron 4.3 Potass *The % E serving

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Fast	Facts		IE TCHEN THARVEST
Featured Food Groups	Serving Cost: \$2.63	Nutrition Facts 🥳	5
Prutts Grains Vegetables Vegetables Protein	Protein	A servings per container Serving size Amount Per Serving Calories	acts 1.5 cups 420
Choose MyPlate.gov	ose MyPiate gov	Total Fat 10g Saturated Fat 1g <i>Trans</i> Fat 0g Polyunsaturated Fat 3g	% Daily Value 13% 5%
Cooking Tips 🚬		Monounsaturated Fat 5g Cholesterol 0mg Sodium 760mg	0% 33%
 Use any veggies you like. Be sure to cut all veggies into equal size pieces so they denser veggies, like broccoli, celery, and root veggies, to the skillet first. Add veg water content, like squash or spinach, last. 	· ·	Total Carbohydrate 74g Dietary Fiber 16g Total Sugars 12g Includes 2g Added Sugars	27% 57% 4%
• Cook more rice than you need for this recipe. Use it in another recipe later in the	e week.	Protein 19g Vitamin D 0mcg Calcium 325mg	38% 0% 25%
• Use 2 tsp. fresh ginger instead of ground.		Iron 4.32mg Potassium 1692mg	25% 35%
• Chicken and tofu not included in the nutrition facts. Both would provide addition	onal protein.	*The % Daily Value (DV) tells you how much serving of food contributes to a daily diet. 2, day is used for general nutrition advice.	

tion Facts utrition Facts rvings per container ving size 1.5 cups ount Per Serving 420 alories % Daily Value* Fat 10g 13% aturated Fat 1g 5% ans Fat Og olyunsaturated Fat 3g onounsaturated Fat 5g 0% esterol 0mg **um** 760mg 33% Carbohydrate 74g 27% etary Fiber 16g 57% otal Sugars 12g Includes 2g Added Sugars 4% **in** 19g 38% nin D 0mcg 0% um 325mg 25% .32mg 25% ssium 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.