

Nutrition Facts

4 servings per container	
Serving size	1.5 cup
Amount Per Serving	
Calories	130
<small>% Daily Value*</small>	
Total Fat 6g	8%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	13%
Total Carbohydrate 17g	6%
Dietary Fiber 5g	18%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 5g	10%

Not a significant source of vitamin D, calcium, iron, and potassium

*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.

RECIPE BY:

Dawn Perry, Real Simple Magazine

MEAL

BROCCOLI AND PEPPER STIR-FRY



CARE AND SHARE
FOOD BANK FOR SOUTHERN COLORADO

Serves 4 , 1.5 cups per serving

Prep time: 15 minutes ▪ Cook time: 15 minutes

INGREDIENTS

- 1 Tablespoon vegetable/canola oil
- ½ teaspoon ground ginger
- 1 bell pepper
- 1 bunch broccoli, cut into florets (6 cups)
- 1 bunch scallions or green onions
- ¼ cup low-sodium soy sauce

Optional Ingredients

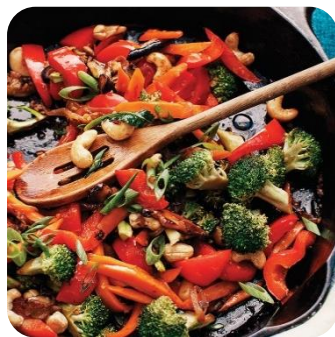
- Canned chicken, drained
- 1 Tablespoon toasted sesame seeds

DIRECTIONS

1. Rinse broccoli, bell pepper, and scallions. Chop broccoli into florets. Slice bell pepper and scallions.
2. In a large skillet, heat oil over medium-high heat. Add ginger and cook until fragrant, 30 seconds.
3. Add bell pepper, broccoli, and scallions and cook, tossing often, until the broccoli is crisp-tender, 3 to 5 minutes.
4. Add soy sauce and ¼ water and cook, tossing, until tender, 2 to 3 minutes.
5. If using, toss in (cooked) canned chicken and cook until heated through. If using, sprinkle with sesame seeds.

CHEF'S NOTES

- Serve over cooked brown rice or whole grain pasta for a more filling dish.
- Add your favorite cooked protein: tofu, garbanzo beans, leftover steak or pork.
- If using nuts, try adding 1 Tablespoon cashews or peanuts instead of sesame seeds.



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