Citrus Broccoli Stir-fry

Stir frying is a way to cook vegetables quickly. When cooking, stir vegetables, so that they do not stick to the skillet and burn.

Add soy sauce, orange juice, corn starch and garlic to a small bowl.

Stir frying is a great way to use leftover vegetables and reduce food waste.

Try different vegetables like green beans, mushrooms or onions.

Add stir-fry sauce. Stir to coat vegetables.

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Citrus Broccoli Stir-fry

Ingredients:
Stir-fry sauce:
• 2 tablespoons low sodium soy sauce
• 3 tablespoons orange juice
• 2 teaspoons corn starch
• ½ teaspoon garlic powder

Stir-fry:
• 2 teaspoons oil
• 2 cups broccoli, chopped
• 1 cup bell pepper, chopped
• 1 cup carrots, chopped

Directions:
1. Mix soy sauce, orange juice, corn starch and garlic powder in a small bowl.
2. Heat oil in a skillet over medium-high heat.
3. Add broccoli, bell pepper and carrots. Cook for 7 minutes. Stir the vegetables as they cook, so they do not burn.
4. Add stir-fry sauce. Stir to coat the vegetables.
5. Reduce heat to low. Cook for 3 minutes until sauce begins to bubble and thicken.

Makes 4 servings

Nutrition Facts
4 servings per container
Serving size 1 cup
Amount per serving
Calories 45
% Daily Value*
Total Fat 1.5g 2%
Saturated Fat 0g 0%
Trans Fat 0g 
Cholesterol 0mg 0%
Sodium 220mg 10%
Total Carbohydrate 8g 2%
Dietary Fiber 2g 7%
Total Sugars 3g 
Includes 0g Added Sugars 0%
Protein 2g

*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.

Preparation time: 10 minutes | Cook time: 10 minutes | Cost: $2.50