



# Summertime Stir Fry



Recipe Courtesy Chef Bryan Woolley

- 6 cups cooked brown rice
- 3 garlic cloves, minced
- 2 tsp minced fresh ginger root
- 2 tbsp chopped sun dried tomatoes
- 1 small onion, sliced
- ½ cup sliced leek
- 2 carrots, peeled and sliced
- 2 celery stalks, sliced
- 1 red bell pepper, sliced
- 1 small zucchini, sliced
- 1 bunch green onions, sliced
- 1/3 cup chopped broccoli
- 1/3 cup chopped cauliflower
- Bunch of snow peas, de-veined
- 2 tbsp low sodium soy sauce (more or less to taste)
- ¼ cup orange juice
- 1 tsp cornstarch
- Salt and freshly cracked pepper to taste
- Extra virgin olive oil

1. Mix together orange juice, soy sauce and corn starch. Set aside.
2. Preheat wok or large frying pan.
3. Add enough oil to coat the bottom of the wok or frying pan. (About 1 tbsp)
4. Add garlic, ginger, sun dried tomatoes, leek, and onions and sauté for about 30 seconds.
5. Add prepared vegetables to the garlic, ginger, and onions and sauté for approximately 4-5 minutes. You want to sauté the vegetables just long enough to heat them through.
6. Add orange juice and soy sauce mixture. Stir fry to coat.
7. Serve over cooked brown rice.
8. Makes 6 servings.

### Nutrition Facts

Serving Size: 1/6 stir-fry with 1 cup cooked rice

Calories	330
Total Fat	4.5g
Saturated Fat	0.5g
Cholesterol	0mg
Sodium	240mg
Carbohydrate	63g
Dietary Fiber	8g
Protein	8g

### Diabetic Exchanges

Protein	1
Fat	1
Carbohydrate	4

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