

## Vegetables and Turkey Stir-Fry

*This recipe contains more than one type of vegetable, rich in different nutrients. Try many colors and kinds.*

### Ingredients:

- 1 clove **garlic**, peeled and minced or 1/8 teaspoon garlic powder
- 1 tablespoon **vegetable oil**
- 1/2 teaspoon **salt**
- 2 thin slices **ginger root**, minced
- 1-2 cups **turkey**, cut into 1/2-inch cubes
- 2 cups chopped **vegetables**, fresh, frozen or canned, such as celery, mushrooms, water chestnuts, bok choy
- 1/2 teaspoon **sugar**
- 3 cups cooked **brown rice**

### Directions:

1. Heat oil in a large fry pan over medium heat
2. Add salt, ginger root, garlic, turkey, and vegetables. Stir-fry for 1 minute.
3. Reduce heat to prevent scorching. Add sugar.
4. When vegetables are tender, remove pan from heat.
5. If vegetables are firm, add 1-2 tablespoons of water, cover, and cook for 2 more minutes, or until tender. Serve over rice (or noodles).
6. Refrigerate leftovers within 2-3 hours.

**Bright Ideas:** Serve with this stir-fry sauce, if desired:

- 1 tablespoon cornstarch
- 2 teaspoons low sodium soy sauce
- 1 cup chicken stock or water

Mix sauce ingredients. Pour over vegetables and turkey at end of cooking time. Cook for an additional 30 seconds, or until sauce thickens slightly.

Nutrition Facts			
Serving Size 1 cup (140g)			
Servings Per Container 8			
Amount Per Serving			
<b>Calories</b> 150	Calories from Fat 30		
% Daily Value*			
<b>Total Fat</b> 3.5g	<b>5%</b>		
Saturated Fat 1g	<b>5%</b>		
Trans Fat 0g			
<b>Cholesterol</b> 20mg	<b>7%</b>		
<b>Sodium</b> 180mg	<b>8%</b>		
<b>Total Carbohydrate</b> 20g	<b>7%</b>		
Dietary Fiber 2g	<b>8%</b>		
Sugars 1g			
Protein 10g			
Vitamin A 35%	• Vitamin C 6%		
Calcium 4%	• Iron 6%		
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:			
	Calories	2,000	2,500
Total Fat	Less Than	65g	80g
Saturated Fat	Less Than	20g	25g
Cholesterol	Less Than	300mg	300 mg
Sodium	Less Than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
Calories per gram:			
	Fat 9	• Carbohydrate 4	• Protein 4

**8 servings, 1 cup each**

Source: Janice Smiley, OSU Extension, Washington County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>