



Veggie-Packed Stir Fry

This simple veggie-packed stir fry is a colorful, flavorful way to load up on fresh produce with minimal effort. Tossed in a zesty sesame-lime sauce and served over fluffy brown rice, it's a satisfying and nourishing meal ready in minutes and a great way to sneak in whole grains.

Serves: 4

Serving Size: 1 medium bowl

Ingredients

- 2 tablespoons vegetable oil
- 2 cloves garlic, peeled and minced
- 1 Tablespoon fresh ginger, grated or minced
- 1 pound asparagus, woody ends removed, and remaining cut into 1 inch pieces
- 1 cup white or brown mushrooms, sliced
- 1 cup raw cabbage, shredded
- 1 cup raw broccoli florets
- 1 cup sugar snap pea pods
- ½ cup radishes, sliced
- 2 Tablespoons sesame oil
- 2 tablespoons low sodium soy sauce
- 2 tablespoons lime juice
- 2 tablespoons sesame seeds, for garnish
- 4 sprigs fresh cilantro, chopped
- 3 cups cooked brown rice (medium-grain)

Directions

1. Cook 3 cups brown rice; set aside.
2. Heat vegetable oil in a wok or pan. Sauté minced garlic and ginger for 30 sec.
3. Add asparagus, sliced mushrooms, cabbage, broccoli florets, snap peas and radishes; stir fry 5–6 min until veggies are tender.
4. Whisk together sesame oil, soy sauce, and lime juice; cook 1 more min.
5. Serve over rice, topped with sesame seeds and cilantro.

Nutrition Info per serving:

Calories: 365, Saturated Fat: 2.1 g, Sodium: 236 g, Added Sugars: 0g, Fiber: 7.2 g

Recipe adapted from:

<https://www.loveandlemons.com/stir-fry-recipe/#wprm-recipe-container-83006>