



Chinese Vegetable Stir-fry

Ingredients

- ¾ cup pineapple juice
- 1 tablespoon sugar
- 1 tablespoon lemon juice
- 1 ½ teaspoons cornstarch
- 1 teaspoon less-sodium soy sauce
- 2 teaspoons canola oil
- 1 head broccoli, chopped
- 1 head cauliflower, chopped
- 2 stalks celery, sliced
- 2 carrots, sliced
- 1 bell pepper, sliced
- 2 cups brown rice, cooked

Directions

1. Combine pineapple juice, sugar, lemon juice, cornstarch, And soy sauce in a mixing bowl. Set aside.
2. Heat oil in a skillet over medium-high heat. Add broccoli, cauliflower, celery, and carrots. Cook for 2 minutes. Add bell pepper and cook for 2 more minutes.
3. Stir sauce well and add to skillet. Bring to a boil and cook for 1 minute. Stir to distribute sauce over vegetables.
4. Serve over brown rice.

Nutrition Facts

Serving Size 1 serving (377.6g)
Servings Per Container 4

Amount Per Serving

Calories 460 **Calories from Fat** 50

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 135mg **6%**

Total Carbohydrate 94g **31%**

Dietary Fiber 8g **32%**

Sugars 14g

Protein 11g

Vitamin A 110% • Vitamin C 170%

Calcium 8% • Iron 15%

* Percent Daily Values are based on a 2,000 calorie diet.