

Vegetable Stir-fry

Ingredients:

- 1 tsp. vegetable oil
- 4 large carrots, sliced
- 1 lb. broccoli, cut up
- 2 cloves garlic, diced
- Curry powder (optional)
- 4 stalks celery, sliced
- 1 small (3/4 lb.) bok choy or Chinese cabbage, cut up
- 1 medium onion, diced
- 1/2 tsp. ginger
- Chopped green onion, sesame seed (optional)
- 4 cups cooked rice (about 1 1/4 cups uncooked rice)

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Directions:

- Heat oil in frying pan or wok over medium-high heat. Put carrots, broccoli and garlic in the frying pan. Stir constantly for 3 to 5 minutes. Add curry powder (optional). Add celery, Chinese cabbage, onion and ginger. Cook for an additional 2 minutes. Vegetables should be firm when done. Serve over rice. Garnish with green onion and sesame seeds (optional). Refrigerate leftovers

Makes 4 (1 cup veggies and 1 cup rice) servings. Per serving: 310 calories, 2.5 grams (g) fat, 9 g fiber, and 160 milligrams sodium.