

Vegetable Stir-Fry with Chicken or Tofu

Serving Size: 4

Recipe Courtesy of Texas WIC

INGREDIENTS

- 1 cup brown rice, uncooked
- 1 tablespoon vegetable oil
- 1 pound chicken (or extra firm tofu), cut into cubes
- 3 cups mixed vegetables, cut into bite sized pieces (such as 1 cup broccoli, 1 cup bell peppers, 1/2 cup mushrooms, and 1/2 cup green onions)
- ¼ cup peanuts, chopped (optional)

INSTRUCTIONS

1. Prepare rice according to package directions.
2. Prepare the peanut sauce: Place peanut butter, soy sauce, brown sugar, lime juice, garlic, ginger, and water in a microwave safe bowl. Cover, microwave 30 to 60 seconds, and then whisk until combined.
3. In a large skillet, heat oil at medium heat.
4. Add chicken or tofu and sauté until golden (about 6 to 8 minutes for chicken, 10-12 minutes for tofu).
5. Add vegetables to pan and sauté an additional 3 to 4 minutes.
6. Add peanut sauce, stir, and cook for another 3 to 4 minutes.
7. Serve over prepared rice and top with chopped peanuts.

PEANUT SAUCE

- 2 tablespoons creamy peanut butter
- 1 ½ tablespoons low-sodium soy sauce
- 1 tablespoon brown sugar
- 1 tablespoon fresh lime juice
- 1 teaspoon fresh garlic and/or ginger, minced
- ¼ cup water
- ½ cup peanut butter

