

Recipe Crunchy vegetable stir-fry

INGREDIENTS

½ cup basmati rice, uncooked

1 onion

1 garlic clove

4 stalks bok choy

2 bell peppers, one red, one yellow

1½ cups sliced mushrooms

Serves 2

1 Steam the rice until the grains are tender.

2 Slice the onion, crush the garlic, and shred the bok choy. De-seed the bell peppers and cut them into strips that are ½in (1cm) wide.

3 Heat a little oil in a wok over high heat. Add the onion and garlic and stir-fry for 2 minutes. Add the peppers, mushrooms, and bok choy, and stir-fry for a further 4 minutes. Serve the stir-fried vegetables with the rice. If you like, accompany with ginger sauce (*right*).

Ginger Sauce In a small bowl, combine 2 tbsp cold water and 1 tbsp cornstarch. In a small pan, place 5½ tbsp white rice vinegar and 2 tbsp soy sauce. Bring to a boil. Reduce heat and add cornstarch mixture. Stir until mixture is clear and thickened. Remove from heat and stir in 1 tbsp minced ginger root. Set aside until required.

Each serving provides

Calories 246, Total fat 1.6g (Sat. 0.1g, Poly. 0.3g, Mono. 0g), Cholesterol 0mg, Protein 8.0g, Carbohydrate 54g, Fiber 7.0g, Sodium 27mg. Good source of— Vits: A, Fol, C, D; Mins: Ca, P, K.



Source:

Nutrition for Life by Lisa Hark, PhD, RD and Darwin Deen, MD

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