

NLB Stir-Fry Recipe

1/2-1 lb. round steak, chicken breast, low-fat tofu (trim fat from meat and remove chicken skin)

Cooking spray as needed

2-3 cloves garlic (minced) or 1 tsp. garlic powder

1/4 cup soy sauce

2 T. brown sugar

1/4 tsp. ginger

2 tsp. corn starch

1 carrot

1 celery stalk

2-3 green onions

1 stalk broccoli

1 small zucchini squash

Other vegetables as desired

Salt and pepper to taste



Trim fat from meat and remove skin from chicken and discard. Cut meat in strips. Dice or chop vegetables to size desired. Mince garlic cloves. Heat frying pan over medium high heat and coat pan with cooking spray. Add meat and garlic, ginger and salt and pepper and stir to brown meat. Remove meat from pan. Return any juice from meat to pan. Add vegetables and stir over heat until onions become clear. Add cooked meat to vegetables. Make a hole in the center of the meat and vegetables and add soy sauce and brown sugar. Stir gently until sugar dissolved. Add corn starch. Mix sauce throughout vegetable and meat mixture. Serve with cooked brown rice.

Servings: 4-1 Cup servings

Chicken: 237 calories/serving, 4 g fat

Beef: 252 calories/serving, 5 g fat

Tofu: 105 calories/serving, 2 g fat

1/2 cup brown rice: 108 calories, 1 g fat