

Asian Stir Fry

Makes 8 servings

220 Calories, 4.8 grams Fat, 0.5 grams Saturated Fat, 33 grams Carbohydrate, 5 grams Fiber, 6.3 grams Sugar, 210 mg Sodium, 8.3 grams Protein

(Analyzed with reduced sodium beans, drained, no-salt added tomatoes, and low-sodium soy sauce)

Ingredients:

- 3 cups brown rice, prepared
- 2 Tbsp oil (canola or olive)
- 1 15-ounce can diced tomatoes (no-salt added preferred)
- 1 15-ounce can black beans (drained and rinsed or low-sodium, drained)
- 1 medium onion, sliced thin
- 1 cup diagonally sliced carrots
- 2 cups broccoli florets
- 2 cups sugar snap peas
- 1 large red bell pepper, cut into strips
- 2 Tbsp reduced sodium soy sauce
- 1 tsp garlic powder
- 1 tsp ground ginger (or 4 tsp fresh mashed ginger)
- 2 tsp sesame seeds

Note: Other suggested vegetables: green or yellow bell peppers, green onions, mushrooms, squash, zucchini, green beans or celery



Directions:

Stovetop:

1. Cook rice according to directions on box to make 3 cups.
2. Heat olive oil on large skillet, add chopped vegetables, and cook until soft.
3. Add sesame seeds and soy sauce and cover for the last 5 minutes.
4. Add rice to skillet and toss together with vegetables.
5. Add extra vegetables (suggestions above) as desired.

Microwave:

1. Cook rice according to directions on box to make 3 cups.
2. To cook rice in microwave: Combine 1 ¼ cup water and ¾ cup brown rice to a microwave safe bowl. Cook on high for 10 minutes. Reduce microwave to 50 percent power and cook for an additional 20 minutes. Let stand for 5 minutes and fluff with a fork.
3. Combine vegetables, soy sauce, and olive oil into microwave safe bowl.
4. Heat until soft.
5. Toss rice, veggies, and sesame seeds together.



Zesty Chicken and Rice Soup

Makes 8 servings

279 Calories, 9 grams Fat, 1.7 grams Saturated Fat, 28 grams Carbohydrate, 5.4 grams Fiber, 3.4 grams Sugar, 330 mg Sodium, 22 grams Protein

(Analyzed with low-sodium chicken broth, canned vegetables, drained and rinsed, shredded chicken, white and dark meat, and brown rice)

Ingredients:

- 3 cups cooked brown rice
- 3 cups cooked shredded chicken
- 5 cups chicken broth (can also use vegetable broth or water)
- 2 cups fresh onions, carrots and celery combined
- 1 15-ounce can peas (drained and rinsed or low-sodium, drained)
- 1 15-ounce can corn (drained and rinsed or low-sodium, drained)
- 2 Tbsp oil (olive or canola)
- 3 garlic cloves, chopped
- 1 jalapeño, finely diced (optional)

Note: Fresh or frozen vegetables of choice can be substituted for the above or canned vegetables (drained and rinsed)

Suggested spices:

- 2 tsp cumin
- ½ tsp salt
- ½ tsp pepper
- 1 tsp chili powder
- ¼ tsp cayenne pepper or to taste
- ¼ cup chopped cilantro (optional)

Directions:

1. Place a medium-large soup pot over medium-high heat and drizzle about 2 Tbsp of oil over the bottom.
2. Once the oil gets hot, add in the onions, carrots, and celery and sauté for about 1-2 minutes.
3. Add chopped garlic (and the optional chopped jalapeno) and let cook with vegetables until garlic becomes fragrant.
4. Add the salt, black pepper, and other seasonings and sauté for a few more minutes.
5. Once the veggies start becoming tender, add in the chicken/veggie stock.
6. Bring the soup up to a rolling simmer and then reduce to low heat. Cover the pot and simmer gently for 20 minutes or until the veggies are tender.
7. Add in the shredded chicken breast, peas, and corn, and cook an additional 5 minutes.

