



Nutty Stir Fry Bowl

3 cups cooked brown rice
1 teaspoon vegetable oil
1 clove garlic, crushed
1 cup sliced bell pepper
1 carrot, sliced
1 onion, chopped
½ cup mushrooms
1 cup broccoli florets
2 tablespoons light soy sauce

Heat the oil in a large nonstick skillet over medium high heat. Sauté the garlic until golden then add the peppers, carrots, and onions. Sauté until crisp tender then add the mushroom and broccoli. Cook briefly then add the soy sauce and stir. Serve hot over cooked brown rice in a bowl

Makes 4 servings.