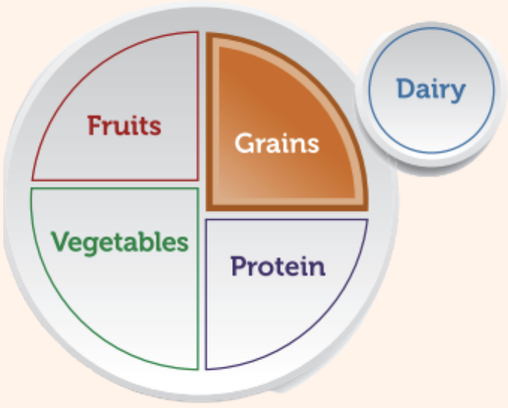
Recipe Highlight: Whole Grains

Easy STIR-FRY



Try this one-pan meal with what you have at home!

Note: Swap chicken for other proteins or swap veggies for other greens you might have in your fridge.

Makes 6 servings
Serving Size: 1/2 cup

Adapted from MyPlate
https://www.myplate.gov/recipes/supplemental-nutrition-assistance-program-snap/fried-rice

INGREDIENTS

Sauce:
- 2 Tablespoons soy sauce, low-sodium
- 1 Tablespoon brown sugar
- 1 Tablespoon cornstarch
- ½ teaspoon ginger
- 2 cloves garlic

Whole grains:
- 3 cups brown rice, cooked

Protein:
- 1-2 chicken breasts, boneless and skinless, cut into cubes

Vegetables:
- ½ cup broccoli
- 1 medium carrot
- ½ bell pepper

DIRECTIONS

1. In a small bowl, combine soy sauce, brown sugar, and cornstarch. Mince ginger and garlic and add to the sauce. Stir.
2. Cook the brown rice following package directions. Set aside.
3. In a medium skillet over medium-high heat, spray cooking oil. Add chicken cubes. Cook, stirring occasionally, until slightly browned and starting to cook through, about 2 minutes.
4. Add chopped veggies. Stir frequently. Cook until veggies are tender and chicken is completely cooked, about 5–7 minutes.
5. Add the cooked rice.
6. Immediately add soy sauce mixture. Bring to a boil. Reduce heat. Simmer until sauce is slightly thickened, about 2 minutes.
7. Serve and enjoy.

This material was funded by the USDA's Supplemental Nutrition Assistance Program-SNAP.
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