

Ten-Minute Mixed-Veggie Stir-Fry

Source: Source: Dr. Neal Barnard's Cookbook for Reversing Diabetes by Neal Barnard, MD; recipes by Dreena Burton

Prepare the rice in advance, and you will have this stir-fry ready in about 10 minutes! Top with premarinated, baked tofu for an optional protein and calcium boost!

About the Recipe

394 Calories · 11.3 g Protein · 7.5 g Fiber

Dinner

Gluten-free · Nut-free

This recipe features a variety of different colored vegetables, which are packed with antioxidants that keep you healthy.

Not all soy sauces are gluten free, so check the label. Tamari is usually safe.

Ingredients

Makes 3 Servings

- diced bell peppers or carrots (1 cup)
- corn kernels or green peas, or a combination of both (1 cup)
- sliced green onions or chives; if using chives, add at the end of cooking (1/2 cup)
- diced celery (1/2 cup)
- precooked brown rice or quinoa (5 cups)
- diced precooked potatoes; or 1/2 cup more rice (1 cup)
- tamari (1/4-1/3 cup)
- water (1-2 tbsp.)
- sea salt (to taste)
- freshly ground black pepper (to taste)

Directions

1. Cook rice (or alternatively quinoa) according to package directions to yield 5 cups (975 grams) cooked. Prep vegetables. Dice bell pepper (or 2 carrots if preferred). You should have about 1 cup (150 grams) of diced bell pepper. Slice green onions (or chives as an alternative). If using chives, reserve use for end of cooking rather than the next step. Dice celery. Chop potatoes and cook according to preference (e.g., roast, steam). You should have about 1 cup (122 grams) of cooked potato.
2. In a large nonstick skillet over high or medium-high heat, combine the bell pepper, fresh or frozen corn (or alternatively green peas), green onions, and celery, stirring occasionally.
3. Cook for 3 to 4 minutes, and then add the rice, potatoes, and 1/4 cup (60 milliliters) of the tamari.
4. Cook for another 3 to 4 minutes, stirring a couple of times. Add 1-2 tablespoons of water if the mixture is sticking.
5. Heat the rice through and toast it a little, if desired. If using chives, add those and stir. Taste, add the remaining tamari, and season with salt and black pepper, if desired.

Nutrition Facts

Per serving:

Calories: 394

Fat: 3 g

Saturated Fat: 0.7 g

Calories from Fat: 6.4%

Cholesterol: 0 mg

Protein: 11.3 g

Carbohydrates: 81.6 g

Sugar: 4.9 g

Fiber: 7.5 g

Sodium: 638 mg

Calcium: 39 mg

Iron: 2.6 mg

Vitamin C: 61.4 mg

Beta-Carotene: 920 mcg

Vitamin E: 1.2 mg