



Heart & Home
Wellness Table Series



**Ronald McDonald
House Charities®**
Central Ohio

Supported by

JPMorganChase

Vegetable Stir-Fry with Cashews

Stir-frying is a quick, low-fat cooking method that helps vegetables retain their nutrients, vibrant colors, and crisp texture.

Servings: 8 | Serving size: 3/4 cup



NUTRITION NOTES

- **Fresh broccoli** serves as the hearty foundation of this stir-fry, adding vibrant color, texture, and a boost of nutrients.
- Naturally sweet and crisp, **carrots** bring a bright flavor and satisfying crunch to every bite.
- Fresh and tender, **snow peas and mushrooms** create a delicious balance of texture and savory flavor.
- Bold and aromatic, **ginger, garlic, soy sauce, and sesame oil** come together to give this dish its signature stir-fry taste.

Vegetable Stir-Fry with Cashews

Printing
Courtesy of:



INGREDIENTS

- 1 pound fresh broccoli
- 3 medium carrots
- 2 tablespoons canola oil
- 1 tablespoon minced peeled ginger root
- 1 clove garlic, minced
- 6-ounce package frozen snow peas, thawed
- 1 cup sliced mushrooms
- 2 green onions, cut in 2-inch pieces
- ½ cup water
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon rice wine, optional
- 1 teaspoon sugar
- 1 tablespoon sesame oil
- 2 tablespoons chopped cashew nuts

INSTRUCTIONS

1. Cut the broccoli tops in florets; set aside. Cut the broccoli stalks and carrots in matchsticks.
2. Heat the oil in a wok or large non-stick skillet over high heat.
3. Add the broccoli stalks, carrots, ginger root and garlic. cook and stir continuously for 1 minute.
4. Add the broccoli florets, snow peas, mushrooms and green onions. Toss gently to mix ingredients.
5. Combine the water, soy sauce, rice wine, if desired, and sugar in a small bowl. Stir into the vegetable mixture. Cover; cook for about 2 minutes, until vegetables are tender and can easily be pierced by a fork. Remove from heat.
6. Drizzle the sesame oil over vegetables; toss gently.
7. Sprinkle with cashew nuts.
8. Serve with your favorite protein

Can also add or substitute sliced bell peppers, green beans, summer squash, and zucchini.

Nutrition Profile: Vegetable-Loaded | Fiber-Rich | Antioxidant-Rich | Aromatic | Savory | Lightly Sweet | Umami-Rich | Heart-Healthy | Lower-Fat | Wholesome | Nutrient-Dense | Crunchy | Balanced | Naturally Dairy-Free | Plant-Forward

NUTRITION FACTS *(per serving)*

Servings Per Recipe: 8 | Calories: 130

Calories from Fat: 70

Total Fat: 7g

Saturated Fat: 1g

Trans Fat: 0g

Cholesterol: 0mg

Sodium: 160mg

Total Carbohydrates: 12g

Dietary Fiber: 3g

Sugars: 3g

Protein: 5g

**Nutrition information provided directly by eatright.org and reflects values listed at the time of publication. Recipe sourced from: eatright.org*