

STANDARD RECIPE CARD

Recipe For Teriyaki Stir Fry with Brown Rice

Portion Size 1 cup veg, ½ cup rice Number Portions 12

Ingredient	x 1	x _____	Ingredient	x 1	x _____
Olive Oil	4 tbsp				
Carrots, shredded	1.5 c				
Garlic, minced	4 cloves				
Zucchini, chopped	4 c				
Mushrooms, quartered	16 oz				
Snow peas, cut in half	1#				
Broccoli, bite-size pieces	4 c				
Teriyaki sauce (Kikkomann Teriyaki Sauce & Marinade)	½ c				
Vegetable Stock, low sodium	½ c				
Cooked Brown Rice	6 c				

PROCEDURE

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- Heat the oil in a large nonstick frying pan or flattop grill.**
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- Add vegetables and cook until soft, but firm.**
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- Stir in teriyaki sauce and vegetable stock. Mix thoroughly.**
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- Serve over ½ cup brown rice.**
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Nutrition Facts

Servings Per Recipe: 12
Serving Size: 1 serving

Amount Per Serving	
Calories	197.0
Total Fat	5.8 g
Saturated Fat	0.9 g
Polyunsaturated Fat	0.5 g
Monounsaturated Fat	3.3 g
Cholesterol	0.0 mg
Sodium	434.6 mg
Potassium	469.5 mg
Total Carbohydrate	31.8 g
Dietary Fiber	4.8 g
Sugars	4.4 g
Protein	5.6 g
Vitamin A	70.3 %
Vitamin C	64.1 %
Calcium	12.0 %
Iron	4.6 %