



CEDARS-SINAI®
HEART INSTITUTE

RECIPE:
GINGERY CHINESE VEGETABLE
STIR-FRY

Serves 2 to 4.

Nutrition Analysis Fat 4g, Saturated Fat 0g, Chol 28mg
(per ½ recipe serving)

INGREDIENTS	AMOUNT	ITEM
	1-2 Tbsp	Ginger, minced
	1 Tbsp	Garlic, minced
	1 cup	Chinese pea pods
	1 cup	Broccoli florets
	1 cup	Mushrooms, sliced
	1	Baby bokchoy, sliced
	1 can	Water chestnuts, drained
	1 cup	Bean sprouts
	½ cup	Carrots, grated (if desired)
	14-oz can	Vegetable broth (low sodium)
	2 Tbsp	Cornstarch
	¼ cup	Lite soy sauce
	¼ tsp	Fresh pepper to taste
	8 to 12-oz	Tofu, extra firm, cut into cubes

INSTRUCTIONS

1. Prepare vegetables.
2. Sauté ginger and garlic in a large pan sprayed with nonstick cooking spray. Add mushrooms. Add one cup vegetable broth and remaining vegetable ingredients and cover.
3. Mix cornstarch with remaining vegetable broth. Stir in. Add tofu.
4. Cook, covered, until crisp tender. Serve over rice.