



Cashew & Veggie Stir-Fry

Makes 1 serving

Image from Minimalist Baker

Main Ingredients:

- 1 tbsp sesame oil (or sub water)
- 1/2 cup finely chopped carrots
- 1 cup red cabbage
- 1 cup red bell pepper
- 1.5 cups chopped broccoli
- 1/2 cup roasted cashews (optional)
- 1 can baby corn

Sauce Ingredients:

- 3 tbsp low-sodium soy sauce
- 1 tbsp maple syrup
- 1 tbsp almond butter
- 2 Tbsp lime juice
- 1-2 tsp chili garlic sauce
- 1/4 cup diced green onion
- 2 cloves garlic, minced
- 1 tbsp fresh ginger, grated

Directions:

1. Whisk sauce ingredients together in small bowl; set aside.
2. Heat a large skillet over medium-high heat; once hot, add sesame oil (or water), carrots, cabbage, bell pepper, and broccoli. Stir, cover, and cook for 3 to 5 min.
3. Add the baby corn then add the sauce; cover and cook for 3 minutes.
4. Serve over quinoa or with another grain of your choice

Nutrition Facts

4 servings per container

Serving size **1 serving**

Amount Per Serving

Calories **270**

% Daily Value*

Total Fat 15g	19%
Saturated Fat 2.5g	13%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 780mg	34%
Total Carbohydrate 30g	11%
Dietary Fiber 6g	21%
Total Sugars 12g	
Includes 0g Added Sugars	0%
Protein 9g	18%
Vitamin D 0mcg	0%
Calcium 91mg	8%
Iron 2.52mg	15%
Potassium 705mg	15%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.