

Ingredients

1 cup uncooked brown rice	1/4 cup low sodium soy sauce
1 1/2 heads of broccoli	1/2 tsp red pepper flakes
1 Tbsp water	1/2 tsp ginger powder
2 large carrots, oblique cut	1/2 tsp black pepper
1/2 red pepper, sliced	1 Tbsp rice vinegar
2 small zucchini, large chop	1 Tbsp honey
4 cloves garlic, minced	3 Tbsp arrow root
2 1/2 cups vegetable stock	3 Tbsp cold water
1 Tbsp chia seeds	

Instructions

Cook brown rice according to package directions.

Break broccoli into small florets and blanch for 3 minutes. Cool in refrigerator.

In a skillet on medium high heat, add 1 Tbsp water. When the water begins to sputter, add carrots, cook about 3 minutes until partially tender, adding water just as needed to prevent sticking. Add peppers and sauté until soft. Add zucchini and broccoli and cook for about 5 minutes more until heated through.

In a separate sauce pan add garlic, vegetable stock, chia seeds, soy sauce, red pepper flakes, ginger powder, black pepper, rice vinegar and honey. Bring to boil. Mix water and arrow root together in a small dish, then add to boiling sauce. Allow to thicken. Turn off heat.

Mix the stir fry sauce into the pan with the stir fry vegetables and serve over brown rice.

Nutrition Information Per Serving

Serving Size: 1 cup vegetables,
1/2 cup rice
6 servings
Calories: 240
Fat: 3 gm
Sodium: 400 mg
Fiber: 8 gm
Carbohydrates: 50 gm
Protein: 10 gm
Sugar: 12 gm