

# Chinese Vegetable Stir Fry

**Yield: 4 servings**

## Ingredients

1/3 cup soy sauce, low sodium  
 3 tablespoons water  
 2 tablespoons dry sherry or Chinese rice wine  
 1 teaspoon sesame oil  
 2 teaspoons sugar  
 1 tablespoon cornstarch  
 1/4 teaspoon red pepper flakes  
 1/4 teaspoon dry mustard  
 2 tablespoons canola oil  
 1 pound broccoli, cut into 1-inch florets (or 3/4-pound florets)  
 7 ounces shiitake mushrooms, stems removed and thinly sliced  
 1 red bell pepper, thinly sliced  
 3 cloves garlic, finely chopped  
 3 scallions, thinly sliced, white/light-green and dark-green parts separated  
 1 tablespoon grated fresh ginger

## Instructions

1. In a small bowl, whisk the soy sauce, water, dry sherry, sesame oil, sugar, cornstarch, red pepper flakes and dry mustard together. Set aside.
2. In a large nonstick skillet, bring 1 inch of water to a rapid boil. Add the broccoli and cook for 2-3 minutes or until tender-crisp. Strain the broccoli in a colander and then run under cold water to stop the cooking process. Set aside and allow to fully drain.
3. Wipe the skillet dry. Add 2 tablespoons of vegetable oil and heat over high heat. Add the shiitake mushrooms and red peppers. Cook for 5 to 6 minutes, stirring occasionally, until the mushrooms are browned and the peppers are softened. Add the garlic, white/light-green scallions and ginger. Cook, stirring constantly, until fragrant, about 30 seconds.
4. Return the broccoli to the pan and cook until warmed through, about 1 minute. Add the reserved sauce. Toss and cook until the sauce is thickened and the vegetables are evenly coated, about 30 seconds. Transfer to serving dish and sprinkle with dark-green scallions. Serve with rice, if desired.

## Nutrition Information

**Serving Size: 1 1/4 cup**

Calories: 173  
 Total Fat: 9 g  
 Saturated Fat: 1 g  
 Monounsaturated Fat: 5.4 g  
 Polyunsaturated Fat: 1.3 g  
 Sodium: 750 mg  
 Total Carbohydrate: 20 g  
 Dietary Fiber: 5 g  
 Sugars: 7 g  
 Protein: 7 g

Source: Once Upon a Chef. Jenn Segal



SPECTRUM HEALTH

Presented by  
Culinary Medicine