



Stir Fried Asian Greens

Stir frying is a simple, easy and tasty way to add some variety to your meals. Once you learn, you will soon discover the unlimited number of delicious dishes you can create. Add in a protein such as tofu, shrimp, chicken or beef. Keep in mind that many stir fry sauces are high in sodium so stick to flavouring your dish with herbs and spices.

Prep: 10 minutes • Total: 20 minutes

Ingredients:

Broccoli florets	2 cups	500 mL
Snap peas	2 cups	500 mL
Baby bok choy, large shreds	6 bunches	6 bunches
Red pepper, sliced	1 each	1 each
Green onion, finely sliced	2 stalks	2 stalks
Sesame oil	1 Tbsp	15 mL
Canola oil	½ Tbsp	7.5 mL
Ginger, minced	2 tsp	10 mL
Soy sauce	2 Tbsp	30 mL
Chili flakes (optional)	½ tsp	2 mL

Directions:

1. Heat canola oil in a large skillet to medium heat.
2. Add in the ginger, broccoli, red pepper and green onion. Cook for 2 minutes.
3. Add in the snap peas and baby bok choy and stir. Place lid over pan and cook 5-7 minutes, or until vegetables are tender.
4. Drizzle with sesame oil, soy sauce and chili flakes and toss.
5. Serve warm.

Nutrition Facts

Serving Size (250g)	
Servings Per Container	
Amount Per Serving	
Calories 110	Calories from Fat 50
<small>% Daily Value*</small>	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 350mg	15%
Total Carbohydrate 12g	4%
Dietary Fiber 4g	16%
Sugars 6g	
Protein 5g	
Vitamin A 2%	• Vitamin C 290%
Calcium 15%	• Iron 15%
<small>*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:</small>	
	<small>Calories: 2,000 2,500</small>
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
<small>Calories per gram:</small>	
<small>Fat 9 • Carbohydrate 4 • Protein 4</small>	

Adapted from:
NutritionRx in partnership with
Chef Lindsay Sferrazza

Makes 4 servings (250 g / serving) • 1 serving = 2 cups of vegetables

Prepared By: Jennifer Broxterman, Registered Dietitian & Shannon Smith, BScFN Foods & Nutrition student
NutritionRx • Email: info@nutritonrx.ca • **Phone:** (519) 520-9549 • **Website:** www.nutritionrx.ca