

Sweet and Nutty Stir-Fry

Recipe courtesy of The American Heart Association



Servings: 4

Serving Size: 1 ½ cups

Ingredients

Pasta

- 4oz dried vermicelli or spaghetti, broken in half
- 2 teaspoons curry powder

Sauce

- 2 tablespoons sugar
- 2 tablespoons soy sauce (lowest sodium available)
- 2 tablespoons balsamic vinegar
- 1 teaspoon cornstarch
- ¼ teaspoon crushed red pepper flakes
- ⅓ cup fresh orange juice
- 2 teaspoons grated orange zest

Stir Fry

- 1 teaspoon canola oil OR 1 teaspoon corn oil
- ½ cup thinly sliced onion
- 2 cups bite-size broccoli florets (about 5oz)
- 1 cup thinly sliced (not shredded) red cabbage
- 1 cup matchstick-size carrot strips
- ½ cup unsalted, unroasted peanuts (dry roasted)

Nutrition Facts | 305 Calories Per Serving

Total Fat	1.5 g
Saturated Fat	0.0 g
Trans Fat	0.0 g
Polyunsaturated Fat	4.0 g
Monounsaturated Fat	5.5 g
Cholesterol	0 mg
Sodium	261 mg
Total Carbohydrate	44 g
Dietary Fiber	7 g
Sugars	14 g
Protein	12 g

Dietary Exchanges

2 ½ starch, 1 vegetable, ½ very lean meat,
1 ½ fat

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Directions

- 1 Prepare the pasta using the package directions, omitting the salt and oil and adding the curry powder. Drain well in a colander.
- 2 Meanwhile, in a small saucepan, combine the sauce ingredients, stirring until the cornstarch is completely dissolved. Bring to a boil over medium-high heat and boil for 1 minute. Remove from the heat. Stir in the orange zest. Set aside.
- 3 In a large nonstick skillet, heat the oil over medium-high heat, swirling to coat the bottom. Cook the onion for 1 minute. Stir in the broccoli, cabbage, and carrots. Cook for 4 minutes, or until just tender-crisp, stirring frequently.
- 4 Transfer the pasta to a serving platter. Top with the broccoli mixture. Pour the sauce over all. Sprinkle with the peanuts.

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