

# Portobello & Broccoli Stir Fry



*Fold or cut here to fit in recipe box.*

## Portobello & Broccoli Stir Fry

- 2 cups cooked brown rice
- 2 Tbsp. reduced-sodium soy sauce
- 1 tsp. honey
- 2 tsp. cornstarch
- Vegetable cooking spray
- 6 oz. Portobello mushroom caps, gills scraped, cut into  $\frac{3}{4}$ -inch pieces
- 1 onion, cut into thin wedges
- 1 red bell pepper, cut into  $\frac{1}{4}$ -inch strips
- $\frac{1}{2}$  cup bean sprouts (optional)
- 2 cloves garlic, minced
- 3 cups fresh broccoli florets
- $\frac{3}{4}$  cup chopped cabbage
- 2 Tbsp. toasted sesame seeds
- 1 orange, sliced into 8 wedges
- $\frac{1}{2}$  cup water, divided
- 1 Tbsp. hoisin sauce



Prepare rice, cover and keep warm. Set aside. In a glass mixing bowl combine  $\frac{1}{4}$  cup water, soy sauce, hoisin sauce, honey and cornstarch to make sauce and set aside. Spray large skillet or wok with cooking spray and place over medium-high heat. When hot, add mushrooms, onion, pepper, bean sprouts and garlic. Stir-fry for about 3 minutes. Add  $\frac{1}{4}$  cup water, broccoli and cabbage and cover. Cook 4 - 5 minutes until they are tender crisp, stirring occasionally.