

Sichuan Stir-Fried Broccoli

Nutritional Information on back.



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Sichuan Stir-Fried Broccoli

- 1 Tbsp. rice wine or dry Sherry
- 1 Tbsp. reduced-sodium soy sauce
- 3 Tbsp. water
- 1 Tbsp. canola oil
- ¼ tsp. red pepper flakes
- 1 Tbsp. chopped garlic
- 1 Tbsp. finely chopped ginger
- 5 cups broccoli florets
- ½ tsp. sugar

In small bowl, combine wine and soy sauce with 3 tablespoons water and set aside. In wok or large fry pan, heat oil over high heat for 30 seconds. Add red pepper flakes, garlic and ginger. Stir-fry until fragrant, 30-60 seconds. Add broccoli and sugar and stir-fry until florets are well coated with oil and seasoning and bright green, 1 - 2 minutes. Pour in soy sauce mixture. Cover wok or pan and cook until broccoli is crisp-tender, 4 - 5 minutes. Makes 4 servings.



Nutritional information per serving

60 calories, 4 g total fat (0 g saturated fat), 5 g carbohydrate, 3 g protein,
3 g dietary fiber, 120 mg sodium.