



## Broccoli and Red Pepper Stir Fry

### Ingredients:

- 1 tsp. olive oil
- 1 tsp. walnut (or sesame) oil
- 2 large cloves of garlic, peeled and finely chopped
- 3 cups broccoli florets
- 2 Tbsp. water
- 1 large red bell pepper, washed, cored, and cut into short strips
- 1 medium onion, peeled, cut in half, and then into lengthwise slivers
- 1 Tbsp. lemon juice (fresh squeezed or bottled)
- ½ tsp. salt

### Instructions:

- 1) Prepare all ingredients before starting to cook.
- 2) Heat oils in large skillet over HIGH heat. Add garlic and sauté only until slightly cooked; do not brown.
- 3) Immediately add broccoli. Stir fry continuously until all broccoli has turned to a bright green color.
- 4) Add 2 tablespoons water, cover and remove from heat for 2 minutes.
- 5) Return skillet to HIGH heat.
- 6) Add red pepper and onion. Continue to cook, stirring for another 2-3 minutes. Vegetables will be crisp and brilliant in color when properly cooked.
- 7) Toss with lemon juice and salt and serve.

**YIELD: 4 servings**

### Ideas/Substitutions

- Substitute frozen broccoli or frozen mixed stir-fry vegetables for fresh. Use green, orange, or yellow peppers instead of red.
- Serve with your favorite whole grain - brown rice or Montana-grown bulgur (cracked wheat), barley, or wheat pasta.

### Nutrition Analysis

Serving Size: 1 cup

Calories: 61

Total Fat: 2.7 g

Calories from Fat: 35%

Saturated Fat: 0.3 g

Trans Fat: 0.0 g

Total Carb: 9 g

Dietary Fiber: 3 g

Sodium: 308 mg

Protein: 2 g

Calcium: 44 mg

Iron: 0.75 mg

### Recipe Source

Adapted and used with permission of **Fruits & Veggies—More Matters®**

Recipe appears courtesy of Produce for Better Health Foundation (PBH). This recipe meets Centers for Disease Control & Prevention's (CDC) strict nutrition guidelines as a healthy recipe. Find this recipe and others like it online at [www.fruitsandveggiesmorematters.org](http://www.fruitsandveggiesmorematters.org).