

Orange Ginger Veggie Stir Fry (PKU-Friendly)



This colorful stir fry features free vegetables and a sweet and savory sauce for a make your own takeout meal at home.

YIELD 4 SERVINGS	PREP TIME 15 MIN	TOTAL TIME 30 MIN
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	PHE	Simplified PKU Protein
Serving	107mg	0g
Recipe	428mg	0g

INGREDIENTS

For the Sauce:

½ cup	Orange Juice
2 Tbsp	Coconut Aminos
1½ tsp	Apple Cider Vinegar
3 Tbsp	Brown Sugar
1 tsp	Garlic Powder
½ tsp	Ground Ginger
½ tsp	Kosher Salt
1½ tsp	Arrowroot

For the Stir Fry:

1 Tbsp	Olive Oil
1 medium	Red Onion, cut into 1" pieces (8 oz.)
1 medium	Red Bell Pepper, cut into 1" pieces (5 oz.)
1 medium	Zucchini, cut into 1" pieces (9.5 oz.)
2 each	Baby Bok Choy, cut into ¼" slices, stalks and leaves separated (12 oz.)
½ tsp	Kosher Salt

CHEF'S NOTES

Serving Size = 1 cup

Feel free to swap any of your favorite free vegetables into this stir fry. Eggplant, summer squash, green beans, cabbage and carrots would all be delicious in this dish.

Add sriracha or red pepper flakes if you like a spicier stir fry.

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. Add all the sauce ingredients to a small saucepot and place over medium-low heat. Bring to a simmer, whisking occasionally and remove from heat once thick and glossy. Set aside.
3. Meanwhile, heat a large nonstick skillet over medium-high heat. Once hot, add the oil and then the onion and bell pepper. Sauté until the onion is translucent and softened with some brown spots, about 2 – 3 minutes.
4. Add the zucchini and Bok choy stalks and sauté until softened and browned on the edges, another 2 – 3 minutes.
5. Add the Bok choy leaves and salt, stirring constantly to wilt the leaves, about 2 more minutes.
6. Add the reserved sauce and stir to combine evenly. Enjoy!

Nutrition Facts

4 servings per container

Serving Size 1 cup (244 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 4g 5%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 200mg 9%

Total Carbohydrate 19g 7%

Dietary Fiber 3g 9%

Total Sugars 14g

Includes 6g Added Sugars 12%

Protein 3.5g 5%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.46mg 3%

Potassium 300mg 6%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

